

# PSORIASIS? Take it to HRT!

Psoriasis is a common inflammatory skin condition that some have reported responds well to a dietary intake of Agel™ HRT. But why when HRT is designed to specifically target heart health? Is there a connection?

First – what is psoriasis? Psoriasis is marked by patches of thick, red skin covered with silvery scales that occur primarily on the elbows, knees, legs, lower back and scalp. Although not life threatening, the disease can be painful, affect a person's ability to function, and cause psychological and emotional distress.

Around 25% of patients will also develop painful joint problems in the form of psoriatic arthritis.

The association of psoriasis with cardiovascular diseases such as hypertension, myocardial infarction, and heart failure, is now widely accepted, yet the pathogenetic link remains unclear. Psoriasis is associated with atherosclerosis, coronary artery, cerebrovascular, and peripheral vascular diseases and results in increased mortality<sup>1</sup>. As psoriasis itself is a risk factor for cardiovascular morbidity, patients must also avoid other known risk factors such as obesity and smoking.

Researchers who studied medical records for more than 680,000 British patients found that people in their 40s with severe psoriasis were more than twice as likely to suffer a heart attack than people without the skin disease<sup>2</sup>.

Mayo researchers found that the people diagnosed with psoriasis experienced heart attacks more than twice as often as people of the same gender and age in the control group. Those with psoriasis also appeared about 1.42 times more likely to develop heart failure<sup>3</sup>.

"The fact that people with psoriasis exhibit this increased risk for heart disease offers additional proof that psoriasis is a systemic inflammatory disease rather than just a skin disorder", says Sherine Gabriel, M.D., Mayo Clinic epidemiologist and the study's lead researcher.

In light of the connection between heart disease and psoriasis, it now makes more sense that addressing heart health may also address the condition of psoriasis. But can nutrition alone, especially supplementation, be of benefit to heart health? And is Agel™ HRT a supplement that can produce such benefits?

Agel™ HRT is specially formulated to target heart health. This innovative product, coupled with Suspension Gel Technology™, contains seven active ingredients:

1. Oyster Mushroom
2. Taurine
3. Carnitine
4. Coenzyme Q10
5. Policosanol
6. Selenium
7. Folic Acid



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1: [Association of psoriasis with coronary artery, cerebrovascular, and peripheral vascular diseases and mortality.](#)  
Prodanovich S, Kirsner RS, Kravetz JD, Ma F, Martinez L, Federman DG. Department of Dermatology and Cutaneous Surgery, University of Miami Miller School of Medicine, Miami, FL.

2: Psoriasis may raise heart attack risk - Skin condition elevates blood inflammation levels, study finds.  
<http://www.msnbc.msn.com/id/15209007/>

3: Science Daily - Psoriasis Poses Greater Risk For Developing Heart Disease, Research Suggests  
<http://www.sciencedaily.com/releases/2006/11/061113170801.htm>

All seven of these ingredients have been found in clinical studies to improve heart health individually, and all are widely accepted as viable ways of improving heart performance. But what does science say, if anything, about these ingredients and their effectiveness in treating psoriasis?

### **Coenzyme Q(10), vitamin E, and Selenium**

One study evaluated the clinical effects of supplementation with antioxidants to patients with severe forms of psoriasis. Of the fifty-eight patients tested, it was concluded that supplementation with antioxidants coenzyme Q(10), vitamin E, and selenium could be feasible for the management of patients with severe forms of psoriasis.<sup>4</sup>

### **Antioxidants**

Another study suggests that antioxidants should be considered as part of a more specific and effective therapy for the treatment of inflammatory skin diseases, including psoriasis.<sup>5</sup>

### **Folic Acid**

Folic acid supplementation appears as a reasonable therapeutic option in patients affected by chronic inflammatory skin diseases, such as moderate to severe psoriasis<sup>6</sup>. Doctors from the Department of Dermatology, New York University School of Medicine, New York, New York, after examining the available data from the literature and drawing from clinical experience, advise folate supplementation for every patient during therapy for psoriasis.<sup>7</sup>

### **Taurine**

Taurine was measured in 30 subjects presenting with psoriasis. The taurine concentration in psoriasis sufferers was significantly lower than in the 20 control subjects. There is increasing evidence supporting the role of taurine in maintaining heart and blood health, coupled with the anti-inflammatory effects of taurine, to conclude support for the role of taurine in the aetiology of psoriasis.<sup>8,9</sup>

### **Psoriasis - Getting to the heart of the matter**

Your heart is your life, and eating right and exercise are the biggest controllable factors relating to heart health. To augment your healthy heart lifestyle, consider the unique blend of nutrients found in Agel™ HRT which can help you achieve the best heart possible. This scientifically formulated and technologically advanced gel is designed specifically to help protect your heart, fuel your myocardial system, and maintain healthy levels of cholesterol.

Given the conclusive correlation between heart health and psoriasis, it seems evident that dietary supplementation to address one will be of benefit to the other. The active ingredients in Agel™ HRT, while specifically formulated to target heart health, have also been shown to be the key supplements in the treatment of Psoriasis. Heart-health is at the heart of the treatment of psoriasis, so sufferers, take HRT – literally!

#### **More about Agel™ HRT**

[www.simplygels.com](http://www.simplygels.com) and [www.agel.com](http://www.agel.com)

**Agel™ HRT available exclusively from Agel™ Distributors**

Contact: Matt Seaman [www.mattseaman.info](http://www.mattseaman.info)

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Department of Dermatology, Wayne State University School of Medicine, Detroit, Michigan, USA.

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