

7 KEY AREAS TO FOCUS ON WHEN TREATING PPP NATURALLY

Be successful and make the lifestyle changes needed to be in control over your own health.

The best way to succeed in healing your Palmoplantar Pustulosis is to set a goal, and take baby steps toward it.

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1 BUST THE STRESS

Find ways to reduce and manage stress. Do something that relaxes you every day – yoga, meditation, calming music, or even just a hot bath. Seriously you need to remove stress in your life to successfully beat PPP.



2 CUT THE CRAP

Avoid all processed foods and sugary fizzy drinks. Stop eating sugar. Cut the carbs, and work toward improving gut health. Stop eating gluten!



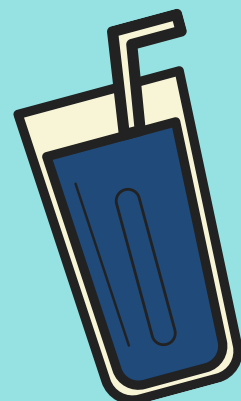
3 SUPPLEMENT, SUPPLEMENT

Invest in good quality supplements. Your body needs good probiotics, zinc, vitamins D3+K2, magnesium.



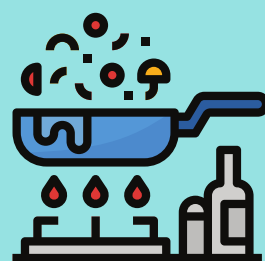
4 JUICE IT UP

Adopt a daily juicing regime to give your body all the vitamins and minerals it needs to rebuild and heal. Stick with the greens for maximum impact.



5 GET COOKING

Learn how to cook nutritious and healthy meals that don't include gluten and sugar.



6 JUST SAY NO

Cut down on alcohol and smoking.



7 JUST SAY YES – TO EXERCISE!

Exercise daily. Go for walks, practice yoga, go swimming. Get active, your body will thank you.



YOU CAN DO IT!

There will be challenges along the way, but do visualise the outcome, – how great it will be to walk in nice shoes again, or how you'll feel when you don't need to hide your hands. Don't try to set a certain date for healing. Instead, focus on improving your health and making lifestyle changes, one day at a time.