

# But I digress ...

Tuesday, August 4, 2015

## A Psoriasis Experiment with Jeunesse serum

Right now I'm on my steroid cream month. I love steroid cream months. Good old Daivobet. Most of the psoriasis on my legs miraculously vanishes within 3 days. The rotten thing is that once I go back to a non-steroid prescription cream - in my case Daivonex - my psoriasis comes back with a vengeance.

I have this horror on my lower legs, both elbows and one wrist. And a little plaque on my forehead. Right now I'm doing an experiment. I'm putting the steroid cream on all but my wrist and face.

Since the one on my forehead erupted about six weeks ago I've been treating it with Jeunesse Luminesce Serum. Jeunesse skincare products contain stem cell matter which activates your telomeres and encourages your own stem cells to get off their backside and regenerate your skin. I've been using the serum all over my face anyway, and my skin is looking firmer and younger. But... the plaque on my forehead has just about disappeared. I put a spot of serum on three or so times a day just on that plaque as well as morning and night with my usual skincare ritual.

Find out about the serum here: <http://beautifullyagelessnow.jeunesseglobal.com>

For the same length of time I've been putting the serum on my wrist psoriasis, and while it hasn't completely vanished I've noticed it seems to be not quite as bad as it was. There's one area in particular that looks like it's 'healed' and has grown new, healthy skin. My wrist gets a tougher time of it than my face as of course I wash my hands more times a day than I do my face. I put hand cream on (I find L'Occitane Shea Butter cream is the best for me, nice and thick but not greasy) and the serum. No psoriasis creams during this experiment.

Jeunesse Luminesce Serum does not provide an instant fix, whether it's for facial wrinkles or psoriasis. It does take a couple of months to really make a difference according to my upline in the business. She is in her 60s and over a three month period I have noticed the wrinkles on her face are fewer and not as deep. It does work. But not overnight. Be prepared to persist.

I took a pic of my wrist today and will take one each week to see if the Jeunesse serum is actually making the skin cells behave properly. I'll post the results here in a month or so.

\*\*\*\*Edit 6 August. It seems the Jeunesse Luminesce Serum is kicking in on my wrist. Here is a photo taken this Tuesday, 4 August.



And below is a photo I took today, two days later. It looks like I'm growing new skin in the centre of the plaques. I have noticed that the area which in the photos is located on the bottom left plaque area is

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#### Carinthia

I cycle for pleasure and some of this blog is about that. I'm also passionate about my own family and animals, wildlife, and living in a world with fewer chemicals in our everyday life. Some of that creeps into my blog too. I play the ukulele badly (at the moment), sew some of my own clothes, read a ton of books, and love music from the 1920s to 1940s as well as the stuff from my childhood in the 60s and 70s.

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gradually growing new skin - those plaques were larger in area a week ago. The bone on my wrist was also plaque-ridden until this week. It's looking better.

(Apologies for the lousy photos. I'm right-handed and found it difficult taking photos with my left.)



End of edit - will post more pics as time goes on. \*\*\*

If it does work I'll use it on my legs too. The serum is expensive - far more costly than the steroid ointment - but it has to be better for my skin in the long run than exposing it to steroid ointments for half the year. I'm a Jeunesse consultant (see that link above!) so I get a 35% discount. I've noticed around the web that other people have had success using Jeunesse on their psoriasis.

Wish me luck. Summer's on the way (although you'd never know it today) and I'd love to spend it wearing shorts and skirts and being able to go to the beach without feeling like a freak.

Posted by Carinthia at 5:14 PM

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