

HEALTH FITNESS

M A G A Z I N E

THE SCIENCE BEHIND TURMERIC and SKIN DISEASES

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An Interview with Dermatologist, Dr. Madalene Heng on Clinical Research and Success with Curcumin Gel

By Dr. Donna, Editor

If you have psoriasis or eczema, there's someone you should know and/or meet: Madalene Heng, M.D. She has made a very significant discovery in medical science – what happens in the skin of those who have skin problems and also what to do about it.

With over 25 years as a full professor and currently clinical professor in private practice as a dermatologist, plus the author of over 80 peer-reviewed scientific papers, Dr. Heng goes far beyond the scope of treating dermatological conditions. To her, stubborn rashes and skin issues are a piece of cake to treat, but it wasn't always like this.

The Long Road to Discovering Help for Patients

At the Veterans Administration Medical Center as Chief of Dermatology, she wasn't happy about the fact that doctors had no cure for psoriasis.

"It was actually serendipity that got me started on the path of finding that cure. I had an electron microscopy background and was observing the skin cells of psoriasis patients one day..." Dr. Heng said. "I noticed that there were very few glycogen granules in psoriasis patients but plenty of them in those who had eczema. I asked myself, 'What is the enzyme that breaks down glycogen granules?' and our team at the center was the first to develop an assay in 1994 to find out more."

They discovered that an enzyme called phosphorylase kinase, or PhK for short, appears to be extremely important in the cause of psoriasis. The enzyme PhK functions in many biochemical processes in the body through reactions called phosphorylation.

In the skin, phosphorylation reactions are involved with tissue repair, but after repair is complete, the levels must subside, otherwise the skin tissue continues to stay inflamed with excessive scaling due to rapid skin turnover. In psoriasis, the enzyme levels show failure

to subside after injury. The team developed an assay to measure the amount of organic phosphates to check phosphorylation in skin samples.

Skin Problems All Boil Down to the PhK Enzyme

"We found that even those who had healed from psoriasis still had high levels of PhK. In 2000, we discovered that if drug treatment can reduce or suppress PhK activity, then there was an improvement, and sometimes resolution, of the psoriasis," she said. These anti-PhK drugs are called phosphorylase kinase (PhK) inhibitors.

In 2004, she began another research study that would take 7 years, this time with 647 patients. That's when she discovered that if PK inhibitor drugs were used together with measures to avoid increasing PhK activity (avoid contact allergens, lactose in the diet and treatment of infections), 72% of the patients had clear skin within 4 months, and 60% of them never had another episode of the psoriasis during the 1-7 years study follow up. During that time, Dr. Heng discovered cutting-edge facts about skin care that no one else had ever reported:

1. The gene for switching off PhK activity is present at birth but nothing happens to the psoriatic patient until the skin is injured and the injured skin is infected.
2. PhK is activated within 5 mins after injury.
3. PhK activity results in activating the transcription activator, NFkB 30 minutes later.
4. NFkB then turns on over 200 genes that cause inflammation, proliferation, and the production of scar tissue.

5 Things That You'd Never Suspect Cause Contact Dermatitis

Psoriasis can be precipitated by physical injury, but far more frequently by contact with allergens (contact dermatitis). Common allergens include the following:



- 1) black/dark brown hair dyes or clothing containing a dye called paraphenylenediamine
- 2) elastic or stretch clothing (it's not actually the elastic but the over 20 or so chemicals used to prevent the elastic from oxidizing that makes this a contact allergen)
- 3) neoprene glue in shoes
- 4) nickel filings from keys, coins and jewelry
- 5) trivalent chromates found in tanned leather products."

Once the barrier is breached, these contact allergens are picked up by the Langerhans cells, which process the allergens, and then shuttle them to the regional lymph nodes. This results in generation of activated T cells, which eventually home to sites of contact dermatitis.

The areas of dermatitis are frequently infected by *Staphylococcus aureus* or MRSA (methicillin-resistant *Staphylococcus aureus*), resulting in worsening disease. These bacteria produce chemicals that activate immune cells to secrete cytokines such as TNF-alpha, which result in high levels of PhK activity. The high levels of PhK activity precipitate psoriasis because the psoriatic patient can't switch off the PhK enzyme.

A Natural, Herbal-Based Product Does All the Healing

But that's when the natural remedy called curcumin comes to the rescue. Curcumin successfully turns off the PhK enzyme as easily as you flip a light switch off. Dr. Heng created a way to make curcumin gel so it would

penetrate the damaged skin cells and turn off the enzyme. Once the enzyme is turned off, the skin begins to heal. However, simply applying raw curcumin to the skin yourself won't work because the active ingredient can't get in through the skin. It's too insoluble to cross the skin barrier.

In the studies, Dr. Heng used the brand Psoria-Gold curcumin gel. She has developed protocols for Acne, Rosacea, Psoriasis, Burns, and Photodamage using curcumin gel, and even very sensitive skin.

"The protocols are a little different depending on what's going on. For example, in itching, the curcumin gel stops the itching within 1 minute no matter what the cause of the itching is."

"In scarring, the PhK enzyme is activated and the NFkB levels are high. This causes a cascade of

reactions where different types of cells become active. Within a week, fibroblasts show up and by 2 weeks, myofibroblasts make their appearance. These myofibroblasts contain actin fibers resembling those found in smooth muscle cells. These actin fibers cause the scar to contract,



and produce hypertrophic scars. The Psoria-Gold blocks the PhK and NFkB so that the myofibroblasts never show up. This is why many surgeons are using Psoria-Gold for their patients - their surgeries then become "scar-less."

According to Dr. Heng, even burns don't have to ever leave a scar. In her research, she has seen that if Psoria-Gold is used to treat the area three times an hour, even blistering won't occur, as long as it's applied right away.

Try The Psoria-Gold for Your Skin Problems

Dr. Heng still sees patients that travel from all parts of the globe to see her at her clinic in Camarillo. Because Psoria-Gold is considered a skin cosmetic, it cannot be obtained from pharmacies. You must either purchase online or ask your doctor to get it for you. She often works with doctors to explain her successful protocols.

"My goal for anyone with skin disorders is always to address the bottom line. Can they get well? Can we get them off unnecessary medications? And can they stay well? Often the answer is yes."

For more information about Psoria-Gold curcumin gel, please visit www.psoria-gold.com. Why continue struggling for 10 more years with skin disorders? Check out the before and after pictures of real live patients. Dr. Heng's products could be the answer to your skin issues in the year 2016. H&F