

## WHAT IS YOUR SKIN TELLING YOU?

Stress has a funny way of making itself known, and one way is through your body's largest organ and outlet: your skin. Stress is a primary trigger for inflammatory and autoimmune-related skin conditions, such as eczema and psoriasis. As your body attempts to absorb stress of any kind, the immune response is triggered, resulting in the release of histamine, cytokines and other inflammatory compounds.

If you suffer from eczema or psoriasis, reducing inflammation and modulating the immune response are critical for effective treatment.

### Causes of Eczema vs. Psoriasis

Both eczema and psoriasis stem from immune system complications, and each condition produces a red and inflamed rash, so the two can often be difficult to differentiate.

**Eczema** is an extreme sensitivity to certain triggering substances, sometimes caused by an allergy. Common triggers include soaps, pet dander, fabrics and various medications. These triggers cause inflammation, which creates immune dysfunction, leading to itchy skin. When the itchy skin is scratched, it breaks down the skin barrier, exposing the skin to infection and further inflammation. As the skin barrier is compromised, it becomes leaky and unable to retain water, resulting in dry, flaky skin and giving eczema its classic appearance.

**Psoriasis** is an autoimmune reaction in which the immune system inappropriately identifies its own skin cells as offensive and attacks them. It involves the

abnormal growth of skin cells plus inflammation and immune alterations in the skin. Decreased skin cell turnover and increased skin cell buildup give psoriasis its raised, scaly appearance.

Simply put, eczema is caused by the body inappropriately reacting to an external cause, and psoriasis is caused by the immune system attacking healthy skin cells.

### Risk Factors for Eczema & Psoriasis:

1. Family history of eczema or psoriasis
2. Excessive sanitizing practices
3. Being delivered by C-section birth
4. Absence of pets in the home (less exposure to pathogens)
5. Increased antibiotic use
6. Coming from a smaller family size
7. Consuming a Western diet, lacking in plant fiber and other diverse foods that support a healthy gut

## HOW TO ORDER

### You may place refills:

📞 281.828.9088

👉 [physicianspreferencrx.com](https://www.physicianspreferencrx.com)



Download the **Refill Pro app** on Google Play or the App Store and enter our number: 877.640.5248.

## TAKE A VIRTUAL TOUR

👉 [An inside look at our new compounding labs](#)

## KNOW THE DIFFERENCES:

Eczema	Psoriasis
Dry, itchy skin caused by illness, irritants, allergens or stress	Genetic, autoimmune condition causing thick, uncomfortable raised patches of skin
More common in babies/young children	More common between ages 15-30 years
Red, dry, cracked skin	Thick red or white patches
Presents commonly on the face, scalp, chest, neck, wrist and ankles	Presents commonly on the knees, elbows and lower back
Triggers are external and depend on the type of eczema	Triggers include stress, illness and reduced immune function
Treatment includes topical cream to manage dryness and irritation	Treatment includes topical cream to slow/stop the accelerated skin production and decreased cell turnover

**Both:** Cause skin inflammation, lead to red, dry and cracked skin, and tend to run within families<sup>2</sup>

## A Surge in Eczema and Psoriasis

Over the past year, there has been a surge in the number of eczema and psoriasis cases, most likely due to dramatic lifestyle changes leading to both stress and chronic inflammation. As antibiotics continue to be overprescribed and Western diets over consumed, our ability to maintain a healthy gut and sufficient immunity has diminished.

The continued increase in sanitization practices implemented during the pandemic are also rendering our immune systems much less competent and far more trigger-happy than before. Essentially, we have altered several habits simultaneously, overwhelming our ability to maintain a healthy immune system when we need it most.

## An Effective Treatment

Treatment outcomes for eczema or psoriasis vary, as family history, age, dietary profile and the immune system all play significant roles. However, both conditions are treated by supporting the immune system, and one of the fastest and simplest ways is to reduce inflammation. Therefore, Physicians Preference Pharmacy has developed a proprietary topical cream to tackle these skin conditions from all angles.

Our ***Phys Pref Eczema and Psoriasis Support Cream*** contains the following active ingredients to reduce the itching and irritation that accompanies both eczema and psoriasis:

**Ivermectin** is FDA approved for scabies and rosacea, as it is highly effective for decreasing inflammation of the skin.

**Naltrexone** at low doses (LDN) helps to regulate the immune response.

**Zinc pyrithione** inhibits excess cell growth and has antifungal and antibacterial activity to protect against infection, making it highly effective in reducing skin redness, flakiness, itching and scaling.

**Hydrocortisone** is a corticosteroid that, when applied topically, reduces inflammation, itching and irritation.

To use, simply apply a thin layer to the affected area(s) once or twice daily.

Talk to your doctor about a prescription for *Phys Pref Eczema and Psoriasis Support Cream*. **Call Physicians Preference Pharmacy at 281.828.9088** to fill your prescription or request additional information.

### Front of neck



### Nape of neck



Before and after 7 days of treatment with *Phys Pref Eczema and Psoriasis Support Cream*



Introducing  
a new path to

# TRANQUILITY

There's a new supplement in town, and its name, Tranquil, says it all. Tranquil contains three natural compounds that promote calmness and relaxation and help put the brakes on stress and anxiety. First is hemp oil powder, a concentrated source of cannabinoids that mimics the activity of your body's own cannabinoids to improve mood, sleep, stress and anxiety. Next is inositol, a natural compound that plays a role in neurotransmitter binding in the brain and has been demonstrated in clinical trials to reduce symptoms of depression and anxiety. Last but not least, Tranquil contains L-theanine,

an amino acid that is abundant in green tea. Supplemental L-theanine was shown in a 2020 review study to help reduce stress and anxiety in individuals dealing with stressful situations.

The ingredients in Tranquil have a synergy that makes them work particularly well when taken together. Plus, they exert their calming effects in a safe and gentle manner. Unlike medications for stress and anxiety, Tranquil does not cause lethargy or drowsiness. It simply helps you feel more relaxed, at peace and tranquil.

➤ Visit [physicianspreference.com](https://www.physicianspreference.com) or ☎ call **800.579.6545** to order Tranquil and to learn about other natural approaches to stress and anxiety.

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PREFERENCE**  
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