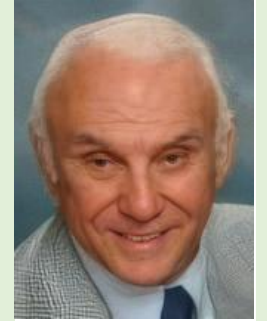




Mikhail Peslyak's modular strategy — it is a scientific evolution of John Pagano's method.

The strategy for achieving sustainable remission is based on an evidence-based model of the pathogenesis of psoriatic disease (PsD). The main goal is to normalize small intestinal permeability and microbiome. Sustainable and long-term remission is achieved through an individual diet, elimination of risk factors and an individual course of treatment for **SIBO (small intestine bacterial overgrowth)**. The course of treatment includes Matkevich lavage and bacteriophages. More information on the coach's website: <https://psorias.info>



Component	The Pagano Method (PM) (Pagano 2009)	Modular Strategy (MS)	Comparison of the Modular Strategy (MS) and the Pagano Method (PM)
Collection of primary information	Yes	Module M1. Phases A and B.	MS. Module M1. 1.1. Lifestyle, health status in general. 1.2. History and assessment of the state of industrial safety. 1.3. Collection and analysis of test results and conclusions. Both existing (phase A) and new (phase B). PM - only paragraphs 1.1 and 1.2.
Overweight correction	No	Module M2.	MS. Studies have proven the correlation between the severity and torpidity of PsD and overweight. Therefore, MS includes Module M2 (Afifi 2017 , Duchnik 2023 , Ford 2018). PM. Does not take into account the role of excess weight. As a rule, the Pagano diet promotes weight loss.
Constant diet	Pagano diet	Module M3. - An individual diet with the exclusion (limited consumption) of foods containing potentially problematic substances (PPS). PPS are glycoalkaloids (found in nightshades), lactose, gluten, etc.). An individual diet is formed on the basis of tests and dietary trials and the requirements of a low-microbial diet. - PM-based eating and drinking regimen	MS. Module M3. Diet is formed on the basis of tests and dietary tests. Tests are necessary if the patient is not aware of the effect of nightshades on his PsD. There are no specific tests to assess the effect of glycoalkaloids on small intestinal permeability. Possible results: - the admissibility of nightshades without restrictions; - admissibility of nightshades with specific restrictions; - inadmissibility of nightshades; And this (as well as the test results) affects the formation of an individual diet (Acharya 2020 , Keuter 2024 , Peslyak 2025). PM – uniform recommendations for diet and nutrition.
SIBO. Risk factors.	No	Module M4. Identification and elimination (reduction of intensity) of these factors.	MS. The key role of specific SIBO in PsD pathogenesis (Peslyak & Korotky 2020 , Peslyak 2026a). PM. Does not assume and does not take into account the role of SIBO.

Component	The Pagano Method (PM) (Pagano 2009)	Modular Strategy (MS)	Comparison of the Modular Strategy (MS) and the Pagano Method (PM)
SIBO. Diagnostics.	No	Module M5.	MS. The key role of specific SIBO in PsD pathogenesis (Peslyak & Korotky 2020 , Peslyak 2026a). PM. Does not assume and does not take into account the role of SIBO.
Course of treatment (CT).	Universal treatment	Module M6. Individual course of SIBO treatment.	MC - an individual course of treatment based on the results of the SIBO diagnostics, as well as the patient's health status as a whole (Hersko 2024 , Knez 2024). PM is a course of treatment that is the same for all patients.
CT. Medicines.	Dietary supplements and herbal teas	• Phage therapy • Other antimicrobials	MS. Phages and other antimicrobial agents selected based on the results of SIBO diagnostics make the course of treatment more effective.
CT. Internal cleansing.	Colonotherapy	• Matkevich Lavage • Enterosorbents	MS. Matkevich lavage allows you to cleanse the entire gastrointestinal tract, and not only the colon (as with colonotherapy) (Peslyak 2026b). Intestinal sorbents enhance the cleansing effect.
	• Fruit fasting diet • Water (1.2-1.6 liters per day, in addition to other liquids) • Natural laxatives		MC and MT. Common components.
CT. External remedies.	Natural	• Natural • Gels with phages	MS. In the presence of secondary infection on psoriatic rashes, phage gels are recommended.
CT. Exercises and procedures.	Outdoor exercise (walking, running, cycling, hiking, etc.)		MC and MT. Common components.
	Spine therapy	A set of yoga exercises	MS. Physical and yoga exercises provide preventive therapy for the spine (if there are no special problems).
CT. Right thinking and behavior	• Focus on recovery, exclusion of PsD from your image • Belief in a positive result and autosuggestion • Patience and perseverance • Communication with patients who successfully follow the regimen • Support for loved ones		MC and MT. Common components.

Component	The Pagano Method (PM) (Pagano 2009)	Modular Strategy (MS)	Comparison of the Modular Strategy (MS) and the Pagano Method (PM)
Constant Mode	Universal regimen.	Module M7. Individual regimen.	MS. As a rule, an individual regimen consists of two individual plans (individual plans). For example: IP1 is a permanent long-term (from 6 months or more). IP2 is short-term (1 week of fasting diet and cleansing procedures). IP2 replaces IP1 twice a year (for example, in spring and autumn) for one week. In case of relapse, modules M4 and M5 are performed, after which a new individual course of treatment (Module M6) is prescribed. PM. Only a universal regimen, and in case of a relapse, a universal course of treatment.

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