

# What Psoriasis is and How to Reduce It

Psoriasis is a skin disease that has white scales on lesions that shows up on the skin. It weakens the skin and joints. Psoriasis is described as red, silvery, thick and scaled patches or lesions on the skin. It is a chronic disease that affects the skin and sometimes the nails with yellowish spots, white color pits, ridges on the nails, and nail edge thickness. Psoriasis can be irritating and itchy and can appear all over the body. It appears mainly on the arms, legs, elbows, knees, chest, and buttocks. It can also affect the underarms, skin behind the ears, and genital areas. It rarely appears on the scalp and face.



Dry skin is one of the causes of psoriasis. If you have psoriasis you will find irritations or lesions with bright silvery colored scales. The lesions come in different sizes on the skin and are always dry and rarely become infected. Psoriasis is a defect in the skin mechanism in which the skin grows and replaces itself. The defect is caused by the metabolism of amino acids. Amino acids are the building blocks for reproducing cell tissues. The development of psoriasis can be due to heredity which is a huge role or factor. Some factors that may cause an outbreak are emotional and physical stress, diet, and certain medications.

To calm psoriasis down you should eat an appropriate diet and

avoid spicy foods. Eat more fruits and vegetables. Also eating curd and boiled bitter gourds can be very helpful. Experts recommend omega-3, fatty acids, beta-carotene, zinc, and folate to reduce psoriasis. Pectin, guar gum, and psyllium which are soluble fiber are helpful for binding toxins. You should also consume flaxseed oils, and folic acids. Folic acids can be found in spinach, beets, turkey, peas and oranges. Also eat omega-3 which can be found in fish such as trout, salmon, tuna, sardines, and herring.

There are some homeopathic remedies for psoriasis too that can be very effective. You can try or research more about sulphur, mezereum, sepia, and graphites just to name a few. Before trying any of the items mentioned above make sure you do your research on correct dosage, side effects, and etc. You can even try essential oils such as jojoba oil, almond oil, avocado oil, vitamin E, and buttermilk to reduce psoriasis. Visit your dermatologist or doctor, try remedies, and research more for more healthy skin.

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