

[IMAGE]

## Fight Psoriasis With the Right Diet

By Editorial Staff

Imagine certain skin cells multiplying rapidly, uncontrollably – up to 10 times faster than normal. Imagine red, raised plaques on the skin, covered with white scales. Imagine itching, pain and bleeding. That's psoriasis, an unpredictable skin condition that manifests in several forms and can affect the knees, elbows and scalp primarily, but also the torso, palms and soles of the feet.

Psoriasis symptoms generally last only a few months, but they can recur – and who wants to experience any of the above in the first place? It's about keeping symptoms in check, and evidence suggests proper dietary considerations may help. Here are a few good choices:

- psoriasis - Copyright â Stock Photo / Register Mark Anti-inflammatory foods such as salmon, flaxseed, etc.
- Antioxidant-rich foods (many fruits and vegetables)
- Gluten-free foods (gluten has been linked to psoriasis)
- Lean meats (as opposed to fatty red meat, which is pro-inflammatory)
- Healthy-fat foods (avocados, nuts and seeds, etc.)

Keep in mind that most of the above food categories have one thing in common: They are anti-inflammatory, and as you might expect, inflammation is appears to be a major contributor to psoriasis flare-ups. Talk to your doctor to learn more about psoriasis and what you can do to limit your symptom expression.

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