

[IMAGE]

Vitamin D Effective For Psoriasis?

Psoriasis is a skin disease that produces unsightly scaly red blotches. While there are several drugs that claim levels of effectiveness, many people prefer to avoid the related side effects.

A recent pilot study published in Dermato Endocrinology found that "high-dose vitamin D3 therapy may be effective and safe for vitiligo (patches of skin that have lost their pigment) and psoriasis patients." In the study, all psoriasis patients "significantly improved" and the majority of the vitiligo patients saw "25-75% repigmentation."

If someone you know suffers from psoriasis or vitiligo, suggest that they read this study and take it to their doctor to see if this might be a safer, more effective alternative.

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