

[IMAGE]

Visit the Mediterranean - It's Good for Your Skin

By Editorial Staff

The Mediterranean diet is touted for its ability to reduce the risk of cardiovascular disease, but new research suggests it also may reduce the severity of a troubling skin condition known as psoriasis. According to a study published in *JAMA Dermatology*, a research journal of the American Medical Association, psoriasis sufferers who eat consistent with the Mediterranean diet are less likely to suffer severe forms of the condition, which is characterized by red, flaky, itchy patches of skin.

The study evaluated dietary habits and psoriasis presence / severity in more than 35,000 people, scoring participants' adherence to the Mediterranean diet (0-18 scale, with higher scores indicating greater adherence to the diet). The study authors' conclusion sums up their findings in a nutshell: "Patients with severe psoriasis displayed low levels of adherence to the Mediterranean diet; this finding supports the hypothesis that the Mediterranean diet may slow the progression of psoriasis."

psoriasis - Copyright â Stock Photo / Register Mark So, why is the Mediterranean diet good for heart disease and psoriasis? It may boil down to inflammation, suggest experts. The Mediterranean diet is generally anti-inflammatory, and inflammation is a risk factor for both conditions. In fact, evidence suggests people with psoriasis are more likely to develop heart disease, presumably due to the increased inflammation. Talk to your doctor to learn more.

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