Methods to Treat Psoriasis

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Which Alternative Treatments are Unlikely to Help Psoriasis?

When you're looking for new ideas on how to relieve your psoriasis, you'll find that the field of alternative medicine is vast, and there are dozens of types of therapies. How do you know which ones will work and which ones won't?

If you are not familiar with alternative healing, this article will help clarify some of these methods for you. Here is a list of methods and whether or not the method could conceivably help your psoriasis:

1. Chiropractic Treatment – this treatment is spinal manipulation. The spinal nerves affect every organ and tissue, including the skin. Chiropractors also use nutritional methods to help the body heal. Chiropractic spinal manipulation may not make a remarkable difference in your psoriasis, but it is possible that the nutritional methods used by the chiropractor will. How much will you benefit will most likely depend on how deep an understanding of nutrition the chiropractor has, and how much he or she uses it in their practice.
2. Feldenkrais Treatment – This is a method of moving the body through small motions to restore function. It probably won't work wonders for your psoriasis.
3. Homeopathy – This practice uses tiny doses of the very substances that are causing the problem in its treatment. The small doses are either diluted in water or in a small pellet. Although this method has been used for centuries, it's difficult to find qualified homeopathic practitioners. The over the counter remedies are not likely to make massive changes in the status of your psoriasis.
4. Hypnosis – Hypnotherapy has been used to stop the pain felt during childbirth and in the dental chair. This method may work, if you allow yourself to be hypnotized. Some people do not allow themselves to be hypnotized.
5. Yoga – Yoga can relax the body, but it is unlikely that it will dramatically impact your psoriasis.
6. Guided Imagery – The power of the mind is strong, but you probably have plenty of imagery already reminding you of what of your rash. My advice is to seek another avenue of treatment.
7. Massage – This will not work to improve your psoriasis.

8. Herbal Medicine – This method is likely to improve your psoriasis, especially when used in conjunction with healthy diet changes.
9. Chinese Medicine – Chinese herbs comprise a large part of Chinese medicine and will also work to improve your psoriasis. Chinese medicine may include acupuncture, which in conjunction with Chinese herbs could help stimulate a turning point in your health.
10. Aromatherapy – Smelling pleasant fragrances can be soothing and offers many benefits, but none suitable for treating psoriasis.
11. Bach Flower Remedies – These are herbal flower remedies that can sometimes work to heal emotional issues, not physical ones.
12. Colon Therapy – Eliminating waste in the body is certainly helpful to all varieties of skin disorders. However, don't expect colon therapy alone to cure your psoriasis.
13. Chelation Therapy – This is a series of intravenous injections of EDTA, a synthetic amino acid, to detoxify the body. It is not likely that this treatment will work to heal your psoriasis.

14. Counseling/Psychotherapy – This can help relieve stress and other issues, but won't directly impact psoriasis.

Since psoriasis is a physical problem, use a physical solution. You'll get the best results.