Alternative Therapies to Avoid

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Alternative Therapies to Avoid With Psoriasis

When you have psoriasis alternative therapies can be very tempting. You can spend quite a bit of time and money on different supposed remedies for the skin disorder. How do you know which natural healing strategies to bother trying and which ones won't help you at all?

There is a method to help you determine which ones might help you find a solution. The first thing to do is consider what you know about psoriasis. Here are the basics:

- It's a skin disorder that may have an autoimmune basis.
- It may be related to fat metabolism, especially essential fats.
- It may be worsened by chemical toxins or irritants.
- It may be related to nutrient deficiencies.

Knowing this basic information, now you can determine what alternative health strategies not to try. Here's a list of several of them. Notice that while they may have benefits for other problems, none of them have anything to do with the basic causes of psoriasis.

Music Therapy

This is a very pleasant type of therapy. The goal of this therapy is to impact children, adolescents, adults and the elderly, those who have had brain injuries, physical disabilities, aging complications, and developmental and learning disorders. It's not going to make a difference on your psoriasis.

Hydrotherapy

This involves alternating cold and hot baths and compresses. This therapy may decrease the itchiness of your skin temporarily by numbing it, but it won't help you improve your psoriasis.

Alexander Technique

This is a posture improvement technique that really won't ever do anything for your psoriasis. You'll have better posture, which affects self-confidence and that's always a good thing, but if you are specifically looking for a method to improve your psoriasis, this is not it.

Craniosacral Therapy

This is a type of bodywork, somewhat in the same category as massage therapy. The practitioner identifies something called the craniosacral rhythm and then release any restrictions found in the body by holding the neck

gently. It's thought to affect the brain and nervous system. It's a system better suited for body aches and pains related to the spine, joints, motor-coordination impairments, and autism. Forget about it if your goal is to eliminate your psoriasis.

Manual Lymphatic Drainage

This is a method used for accelerating the drainage from the lymphatic vessels, which detoxify the body). Since this is not a major issue in the case of psoriasis, it won't help you reverse your psoriasis.

Reflexology

This is a method of pressing certain points on the bottom of the feet, on the hands and on other parts of the body, and holding them for a few minutes. The points selected are ones that have a relationship to certain organs in the body. You won't get much psoriasis relief from this method.

Select alternative therapies that are aligned with the basic needs of psoriasis, and you'll be more successful.