Helpful Psoriasis Products

by BRENDA VANTA

Helpful Products for Treating Psoriasis

If you search the internet, you will likely find hundreds of remedies promoted as being able to cure psoriasis. Yet, in many cases, the claims of those psoriasis products are not supported by scientific research or by health experts. Thus, trying them as a way of treating psoriasis may be just a waste of time, or could even make your symptoms worse.

Let’s look at some psoriasis products that can be beneficial for treating this condition, based on the review of scientific literature from University of Maryland, Medical Center. Note that these supplements don’t replace your prescription drugs and therapies recommended by your doctor. Rather than using the dosage suggested below, you should seek a healthcare professional to get an individualized plan for treating psoriasis, including diet and natural supplements.

Psoriasis Products to Try

Fish Oil

Fish oil is rich in omega 3 fatty acids, and there is some evidence that this supplement can decrease the proteins involved in inflammation. For example, one study found that fish oil decreased itching, redness and scaling associated with psoriasis. It had also been suggested that certain population (like Eskimos) may have lower incidence of psoriatic arthritis because their diets contain plenty of eicosapentaenoic acid, a key ingredient found in fish oil. Avoid high doses of fish oil, especially if you take blood thinning drugs such as warfarin or aspirin. Dr E Matteson, MD at the Mayo Clinic suggests between 2,000-3,000 mgs daily for psoriasis management

Shark Cartilage

Shark cartilage in the form of chondroitin sulfate may help provide symptom relief in people with plaque psoriasis, according to research, and the doses used during the study were 80-100 grams daily in two to four doses. You should not take this supplement if you have diabetes .

Avocado & B12

A natural product (cream) based on avocado and vitamin B 12 was found beneficial for managing symptoms of psoriasis, although larger studies are needed to confirm these benefits.

Relieva

Some studies suggest that Relieva, a cream with 10% Oregon grape can also improve the symptoms. In one study, this cream showed to work just as well as the prescription medication calcipotriene in some psoriasis suffers.

Aloe Vera

A number of studies support the efficacy and safety of Aloe Vera cream (0.5%) for psoriatic plaques, when this cream was compared with placebo.

Petroleum Jelly

Consider another two creams: petroleum jelly is always a great choice to keep your skin soft and moist, while capsaicin cream can help relief pain and inflammation , reduce the redness, and scales (the main inconvenient with capsaicin cream is that it causes temporary a burning sensations).

Can Diet Help Improve Your Symptoms?

Although there is no specific diet that is guaranteed to work for everyone, you should adopt a healthy diet. Alcohol, highly processed foods, excessive red meat and high fat dairy products promote inflammation in your body and can aggravate your skin condition, too. Elimination diets (i.e., gluten free) and food allergy testing may be tried as food allergies also promote inflammation and flare ups. On the other hand, fresh fruits and vegetables, especially those rich in Carotenoids (i.e. mangoes, sweet potatoes, carrots, and green leafy) can be a great source of nutrients that nourish and promote healthy skin.