# Juicing and Psoriasis

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## Can Juicing Help Those With Psoriasis?

Proper nutrition has a significant impact on your well being and your health, including your skin health. The human skin is constantly changing (new cells are formed every day to replace the old, degenerated cells), and therefore eating healthy foods can bring your body the nutrients that are needed.

Considering the fact that juices are packed with vitamins, minerals and other chemicals with antioxidant qualities, the answer is yes - juicing can help keep your skin healthy. Let's look at the scientific evidence and how you can incorporate juicing into your life.

### Research

According to a review of scientific literature published in 2010 in the " Indian Journal of Dermatology", the association between skin disorders and nutritional deficiencies is well established. Various nutrient deficiencies can be caused by the diet (i.e. Western type diet lacks vitamins and minerals), or by medication (i.e. The drug methotrexate used for the management of psoriasis depletes your body from folic acid). Stress is another factor that causes shortage of various nutrients (i.e. B and C vitamins).

According to the researchers of this review study, a low calorie low protein diet is recommended for the treatment of psoriasis. This diet changes the metabolism of polyunsaturated fatty acids, leading to chances in certain inflammatory substances involved in psoriasis lesions. Furthermore, psoriasis is aggravated by inflammatory diets – for example foods that you may be allergic to or a diet with imbalanced ratio omega 6: omega 3 fatty acids, so try implementing an anti-inflammatory diet. Talking about food allergies, the researchers suggest that psoriasis is often associated with gluten sensitivity and removing gluten from diet can help improve the symptoms. Low levels of calcium and zinc (seen in pregnant women ) or iodine increase the risk of pustular psoriasis.

### Juicing Versus Raw Fruits and Vegetables

Proponents of juicing claim that the nutrients from juices are better absorbed compared with those consumed from fresh fruits and vegetables because the fruit's fiber gets in the way. However, there is not much research supporting this claim. What is known however, is that fresh fruits and vegetables are packed with vitamins, minerals, fibers and various plant chemicals which can help maintain your skin healthy, and have anti-inflammatory effects. The antioxidants found in fresh fruits and veggies help protect against oxidative damage (which promotes the degeneration and malfunction of the cells).

### Things to Consider Before Juicing

You need to buy a home juice machine that can cost anywhere from $30-$300 . When you make your juice in the morning try to make only as much you would consume during the day (otherwise the nutritional value decreases , and bacteria could also grow in the juice). Wash the foods (preferably organic) thoroughly . For best benefits,

consume the juice in the morning for breakfast, and have your regular (solid) meals for lunch and dinner. Remember that juicing does not replace the treatment recommended by your doctor.

**Sample Juice**

Jason Vale, also known as “Juice Master”, a best selling author and former psoriasis suffer suggests simple juices containing carrot (11 oz) and Radish (5 oz), or Carrot (10 oz ) with beetroot (3 oz) and cucumber (3 oz) . Berries are a great source of antioxidants and flax or chia seeds would boost the content of fatty acids. Experiment various foods and recipes and see which one you prefer.