

CONSCIOUS FOOD CHOICE FOR PSORIASIS

Daily Traits

Psoriasis is a chronic autoimmune skin disorder where the body mistakenly attacks its own tissue. It starts overproducing skin cells, which lay down plaques on the skin. This condition is not caused by anything you eat, but there's an important link between your diet and psoriasis. Many foods are known to cause inflammation throughout the body.

Off Limits

- Foods containing refined carbohydrates-white bread, white rice, pasta, pastry.
- Foods with Saturated fats and trans fats such as red meat, cheese, fried food known to trigger inflammation in the body.
- Food high in added sugar.
- Foods that contain gluten
- People without the disease discovered reducing gluten diet lessens psoriasis flare-ups.
- Avoid alcohol & dairy.

With psoriasis, it's important to avoid foods that can trigger inflammation and the immune system response can lead to a flare-up.

- **Gluten** – Celiac disease is a health condition characterized by an autoimmune response to the protein gluten.
- **Nightshades** – One of the most commonly reported triggers for psoriasis flare-ups is the consumption of nightshades. The nightshades plants contain solanine, which has been known to affect digestion and may be a cause of inflammation. Foods to avoid include: tomatoes, potatoes, eggplants, peppers.
- **Alcohol** – autoimmune flare-ups are linked to the health of the immune system. Alcohol is believed to be a psoriasis trigger due to its disruptive effects on the various pathways of the immune system.

If you are going to change your diet to combat psoriasis, start slowly. Jumping into a highly restrictive diet isn't usually sustainable and may deprive you of important nutrients. Any treatment or program should be accompanied by healthy lifestyle choices.

Get plenty of sleep and regular exercise and try to reduce stress in your life. With psoriasis, a diet high in anti-inflammatory foods can help to reduce the severity of a flare-up. Fruits and Vegetables, OMEGA – 3s (Salmon, chia seeds, walnuts, flaxseeds), Heart-healthy oils Olive oil, coconut oil, flaxseed oil, sunflower oil.

