Anti-inflammatory tips for psoriatic disease

Psoriatic disease is an inflammatory disease. Following an anti-inflammatory diet could help reduce symptoms of psoriasis or psoriatic arthritis. No treatment works for everyone, and the same goes for dietary changes. But there is some scientific evidence that the following changes to your diet could improve your health and reduce your risk of developing related conditions like heart disease or diabetes.

Eat fish
A recent study found that eating two 3-ounce servings of fish each week can lower your risk of developing heart disease by one-third. Omega-3 fatty acids from fish can counter negative side effects from medicines by reducing inflammation of the kidneys or liver. Omega-3 fatty acids can be found in fish like salmon, sardines, herring, mackerel and anchovies.

Take probiotics
People with psoriasis have seen improvement of symptoms after taking probiotics. Some probiotics have been found to reduce cholesterol levels. Options for probiotics include cultured milk products such as yogurt with active cultures, kefir and milk. Probiotics can also be found in fermented foods or drinks including pickles, sauerkraut, kimchi, or kombucha.

Use nut oils
Use olive, avocado and other nut oils for sautéing vegetables or in salad dressings. Flax seed, evening primrose, borage and black currant seed oil taken as a raw oil or in capsule form can help lower inflammation.

Spice it up
Turmeric is a popular spice in curry. It can also combat the inflammation of psoriasis and psoriatic arthritis. Using other herbs and spices can help lower salt intake. This helps to decrease blood pressure and lower the risk of heart attack and stroke. Herbs and spices also have antioxidant properties that can prevent and repair damage in the body.

Eat a rainbow
Colorful fresh fruits and vegetables have vitamins and nutrients that can help reduce inflammation. Examples are carrots, squash, sweet potatoes, spinach, kale, broccoli, blueberries, mangoes, strawberries and figs.

Cut out sugar
Too much sugar can lead to type 2 diabetes and heart disease. It can also increase cholesterol levels. This is because sugar is high in calories. That makes it difficult to reach a healthy weight and stay there.

Be careful with alcohol
Heavy alcohol use is connected to increased symptoms severity. If you do drink alcohol, do so in moderation. People using certain medicines, such as methotrexate, should not drink any alcohol because of increased risk for liver damage.

Experiment with removing gluten
Gluten is a protein found in many common grains, such as wheat, barley and rye. Gluten is also in many processed foods, such as lunch meat, soy sauce and salad dressings. Not everyone with psoriatic disease is sensitive to gluten. But those who are may find that their symptoms improve when they go on a gluten-free diet.