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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Understanding Psoriasis

By Fred Duckworth

The following article lists some simple, informative tips that will help you have a better experience with Psoriasis.

Psoriasis is a noncontagious, skin disease that has been diagnosed in 4.5 million adults in the United States. About 10 percent to 30 percent of people with psoriasis also develop psoriatic arthritis, which causes pain, stiffness and swelling in and around the joints.

No one knows exactly what causes psoriasis, but it is believed to be an auto immune disorder that also has a genetic component. The majority of researchers agree that the immune system is somehow triggered, which speeds up the growth and life cycle of skin cells. Normally, a skin cell matures and falls off the body's surface in 28 to 30 days. However, a psoriatic skin cell takes only three to four days to mature and move to the surface. Instead of falling off (shedding), the cells pile up and form the lesions.

Psoriasis occurs when faulty signals in the immune system cause skin cells to grow too quickly. Usually every three to four days instead of the usual 30-day cycle. Extra skin cells build up on the skin's surface. They then form "plaques," which are red, flaky and scaly patches that are often itchy and uncomfortable. Psoriasis generally appears on the joints, limbs and scalp, but it can appear anywhere on the body.

Recently, a team from the University of Michigan looked for the gene — called PSORS1 — in more than 2,700 people from 678 families in which at least one family member had psoriasis. According to the researchers, PSORS1 is the first genetic determinant of psoriasis to be definitively identified in a large clinical trial. The finding may help in the development of new, more effective treatments for the disfiguring inflammatory skin disease.

For those people who have a suppressed immune system, the symptoms of psoriasis can be extremely severe.

Understanding Psoriasis

Dietary change can help with psoriasis, avoid alcohol, gluten which is found in wheat, barley and rye, avoid foods that are high in saturated fats, avoid red meats, dairy products, eggs, cheese and sugar and if you are a smoker, then it is best to quit.

Topical applications to the affected areas with aloe vera gel, Dead Sea mineral salts or mud, Zambesia Botanica, mahonia ointment and gotu kola can all improve psoriasis. Good supplements to take are fish oil, flax seed oil and borage oil. These oils are very good in hydrating the skin cells.

A topical treatment that has received tremendous attention is Psoriaway which is available at

<http://www.fastpsoriasisrelief.com>

This is a topical cream combining natural moisturizers, coal tar, aloe Vera, blended in a unique formula to make this product extremely effective. It has been tested in the medical field, nursing homes and in the retail market with exciting and immediate results.

One important bit of knowledge is to stay away from alcohol and products that contain alcohol as it will dry the skin out even more.

At this time there is no cure for psoriasis but many effective treatments do exist. Doctors are learning more about psoriasis by studying:

- Genes
- New treatments that help skin not react to the immune system
- Laser light treatment on thick patches.

People often need to try out different treatments before they find one that works for them.

The unpredictable nature of psoriasis makes treatment challenging for many people. A wide range of treatments are available. No single psoriasis treatment works for everyone, but something will work for most people. It is hard to predict what will work for a particular individual; however, it is important to be open-minded and willing to work with your doctor to find a treatment that will work for you.

Researchers are studying psoriasis more than ever before. They understand much more about its genetic causes and how it involves the immune system. The National Psoriasis Foundation and the federal government are promoting and funding research to find the cause and cure for psoriasis.

Fred Duckworth is the webmaster for

<http://www.fastpsoriasisrelief.com>

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<http://www.fastpsoriasisrelief.com>

Who Gets Psoriasis? 4.5 Million Adults!

By Melvin H.Gill

Psoriasis is an immune-mediated disease which affects the skin and joints. When it affects the skin it commonly appears as red scaly elevated patches called plaques. Psoriasis plaques frequently occur on the elbows and knees, but can affect any area of skin including the scalp and genital area.

Psoriasis can vary in severity, from minor localized patches to extensive or even complete skin coverage. Fingernails and toenails are often affected (psoriatic nail dystrophy). Psoriasis can also cause inflammation of the joints. This is known as psoriatic arthritis.

Who Gets Psoriasis? More than 4.5 million adults in the United States have been diagnosed with psoriasis, and approximately 150,000 new cases are diagnosed each year. An estimated 20% have moderate to severe psoriasis.

Is Psoriasis Gender Biased? Psoriasis occurs about equally in males and females. Recent studies show that there may be an ethnic link. It seems that psoriasis is most common in Caucasians and slightly less common in African Americans. Worldwide, psoriasis is most common in Scandinavia and other parts of northern Europe. It appears to be far less common among Asians and is rare in Native Americans.

There also is a genetic component associated with psoriasis. Approximately one-third of people who develop psoriasis have at least one family member with the condition.

Research shows that the signs and symptoms of psoriasis usually appear between 15 and 35 years of age. About 75% develop psoriasis before age 40. However, it is possible to develop psoriasis at any age. After age 40, a peak onset period occurs between 50 and 60 years of age.

Childhood Psoriasis About 1 in 10 people develop psoriasis during childhood, and psoriasis can begin in infancy. The earlier the psoriasis appears, the more likely it is to be widespread and recurrent.

There is growing emphasis on quality of life research in all of medicine, and psoriasis impacts on every dimension of health-related quality of life. In my patient population, many of my patients are spending an hour a day taking care of their psoriasis and are using numerous treatments. Psoriasis treatment is costly, financially and psychologically.

Psoriatic Arthritis Psoriatic arthritis develops in roughly one million people across the United States, and 5% to 10% experience some disability. Psoriatic arthritis usually first appears between 30 and 50 years of age, often months to years after skin lesions first occur.

Psoriasis is an inflammatory skin condition and CAN be cured! We urge you to find out more about Psoriasis at

<http://Psoriasis.eask.info>



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