

# Psoriasis Treatment The Fast And Easy Ways To Be Psoriasis Free For Life With Special Tips For Guttate Psoriasis

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### Psoriasis Treatments - Psoriasis Association

Psoriasis is an immune condition, which causes symptoms on the skin and sometimes the joints. When a person has psoriasis, their skin replacement process speeds up, taking just a few days to replace skin cells that usually take 21-28 days.

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Here ' s a list of the major treatments available for people with psoriatic disease: Topicals. Phototherapy. Systemics (including biologics and oral treatments) Complementary and integrative medicine. Last updated on 10/14/20 by the National Psoriasis Foundation.

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Dietary supplements may help ease psoriasis symptoms from the inside. Fish oil, vitamin D, milk thistle, aloe vera, Oregon grape, and evening primrose oil have all been reported to help ease mild...

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Psoriasis treatments aim to stop skin cells from growing so quickly and to remove scales. Options include creams and ointments (topical therapy), light therapy (phototherapy), and oral or injected medication. Which treatments you use depends on how severe the psoriasis is and how responsive it has been to previous treatment.

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