

# Psoriasis

## Disease Report

REPORT CATEGORY —



INFLAMMATION &  
AUTOIMMUNITY

Sample Client

Report date: 15 January 2026

Powered by

 omicsege

# Table of Contents

## 03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

## 07 Introduction

## 08 Longevity Screener

## 09 Your genetics

## 11 Your recommendations

## 58 Next Steps

- 58 Your Lab Results

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

# Personal information

NAME

Sample Client

SEX AT BIRTH

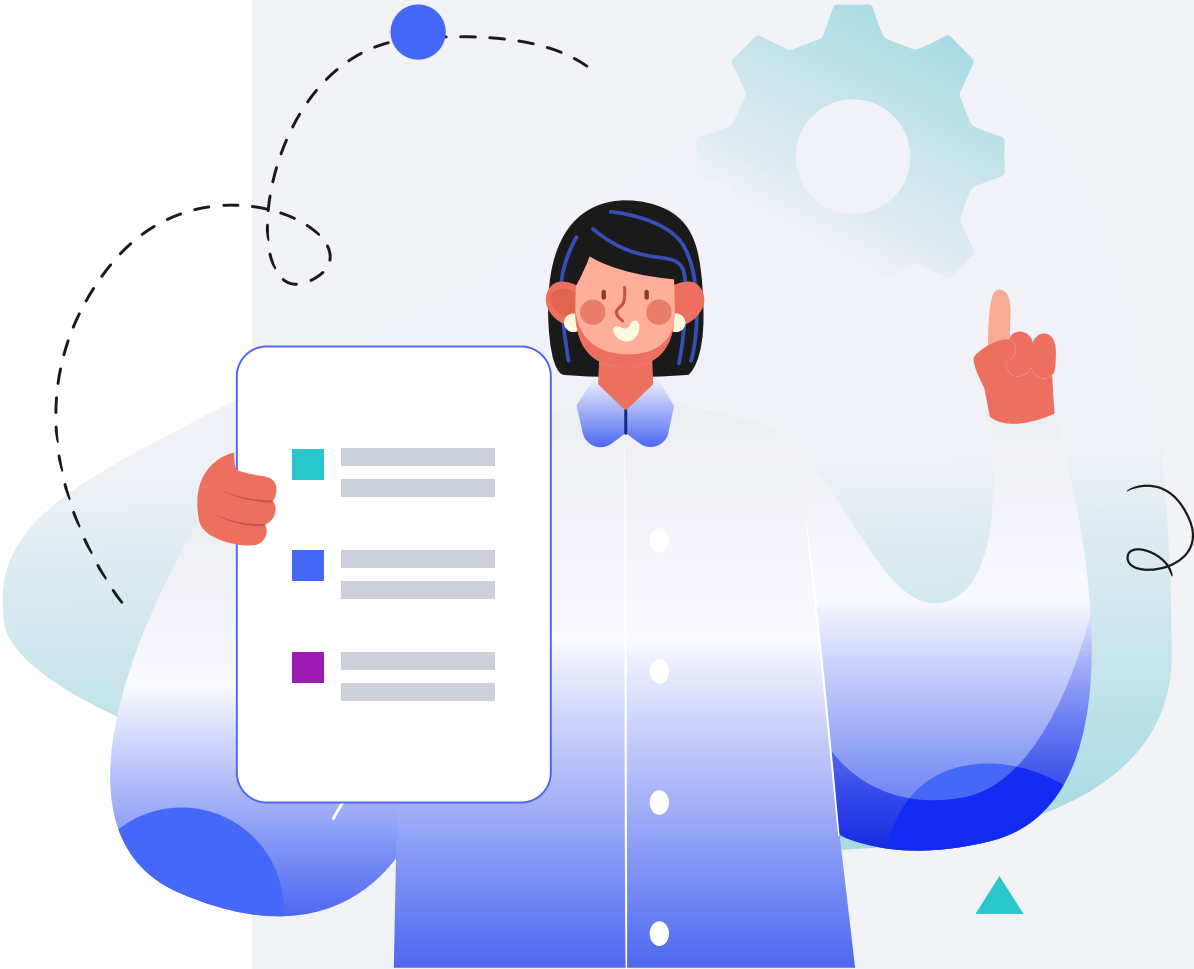
Male

HEIGHT

5ft 5" 165cm

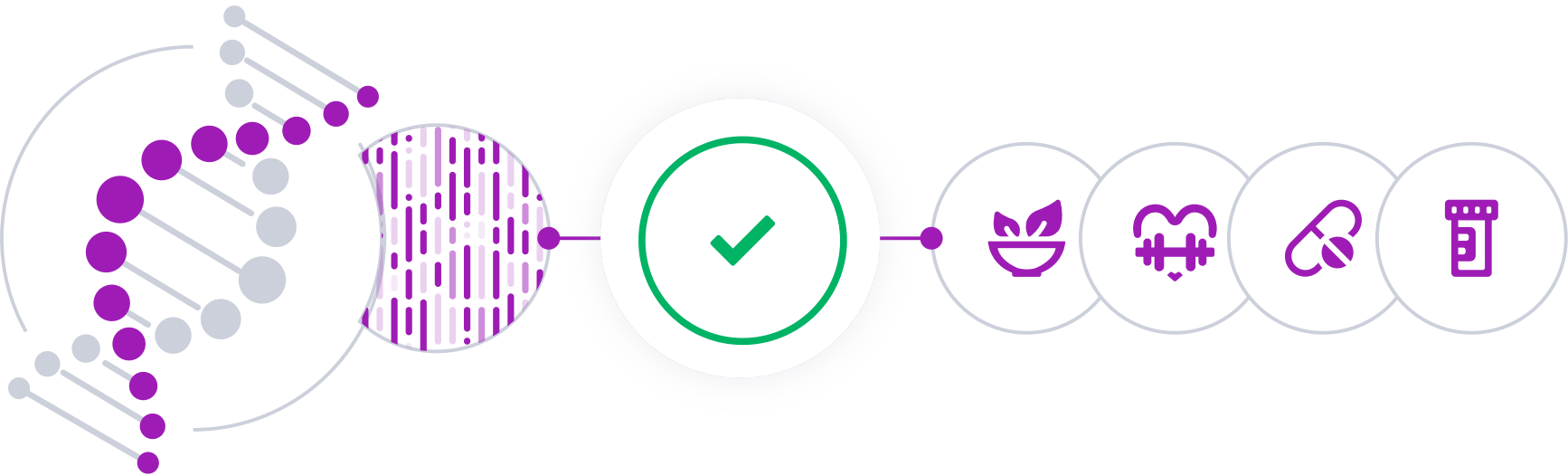
WEIGHT

137lb 62kg



# How this works

Our Wellness Reports analyze how your DNA influences your health.  
We then use this analysis to give you personalized risk estimates and recommendations.

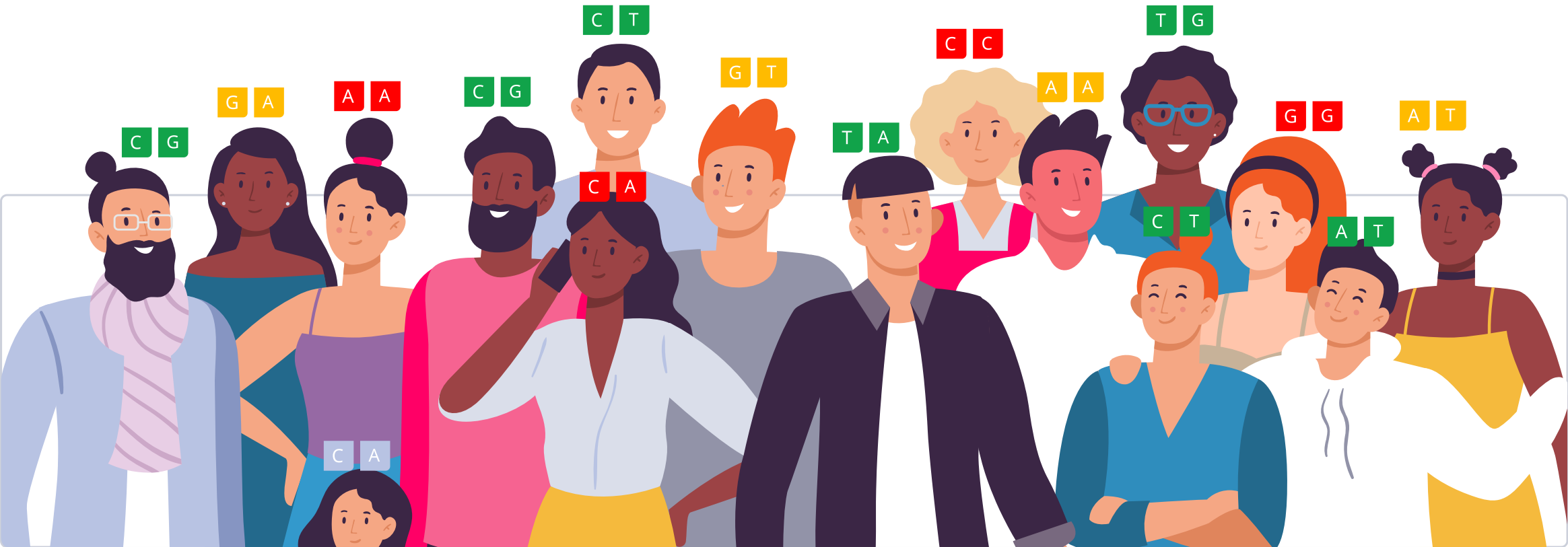


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.  
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.





We use artificial intelligence and machine learning to analyze all this information.  
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

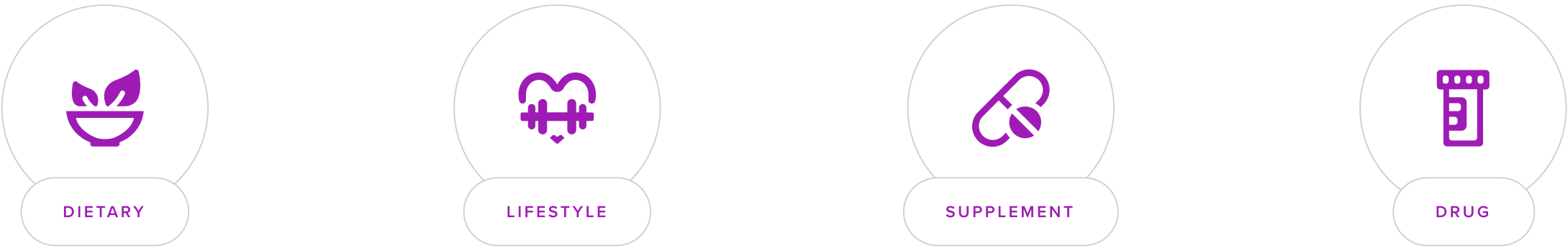
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

**When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.**

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.  
The following icons tell you which category a recommendation falls into:



**Our team of scientists also ranks each recommendation.**  
**We rank based on impact and the strength of evidence in the medical literature.**

Impact shows how strongly a recommendation will affect your health in a certain area.  
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



# Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

## Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
- 
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
- 
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
- 
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
- 
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
- 
- 0 / 5
- No evidence in humans.

## Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

## Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

# Introduction

**Psoriasis is a chronic skin condition, where patches of red and itchy skin build up.** A growing body of evidence suggests that **the cause of the condition is partly genetic** [\[R\]](#), [\[R\]](#).

**More than 7.5 million American adults have psoriasis.** Despite this, the condition remains poorly understood. Celebrities like Kim Kardashian have increased public awareness of the condition. This has helped others gain the confidence to share their own experiences [\[R\]](#), [\[R\]](#).

One thing is clear from the variety of voices exclaiming their do’s and don’ts for managing symptoms: what works for one person may not work for another. In fact, one person's fix may be another's downfall. Simply put, **triggers differ from person to person** [\[R\]](#).

Triggers can often come out of the blue and at inopportune times. For the most part, they can only be identified through elimination. But **your genes may contain subtle clues to help with psoriasis**.

These clues may help find triggers and appropriate techniques for potentially reducing symptoms.

The effectiveness of sunlight therapy may depend on which variant of the [TP53](#) gene an individual carries. Certain variants of another gene, [TNIP1](#), may worsen the effects of alcohol on psoriasis. Carrying a particular variant of the [CHRNA3](#) gene may increase the severity of psoriasis from smoking [\[R\]](#), [\[R\]](#), [\[R\]](#).

**These are just some examples of the genetic elements of psoriasis discussed in this report.**

**Read on to find out more about:**

- **How your genetics play a role in psoriasis**
- **Your genetic risk score based on over 700 genetic variants**
- **Personalized recommendations based on your genetics**



# Longevity Screener

Longevity Screener analyzes your DNA and biometric data to holistically determine your risk of developing serious medical conditions.

Your lifetime risk is **Normal**

Your 10-year risk is **Normal**

## Summary or results

Your results are indicating a Normal risk of developing Psoriasis in your lifetime and within the next decade.

Monitor your risk by regularly checking your related labs and implementing the recommendations provided.

The risk of developing Psoriasis can be influenced by non-genetic factors such as elevated BMI, High blood pressure.

## What to do if you get a High risk

### Analyze your labs

Analyze your lab results to establish a baseline and track any changes or improvements in your health markers over time.

### Find out your out-of-optimal labs

We will pinpoint any values that fall outside the optimal range, allowing you to focus on what matters most.

### Optimize labs

Aim to bring all your lab results to optimal levels through lifestyle changes, treatments, and ongoing monitoring for the best health outcomes.

### Disclaimer

The Longevity Screener feature is designed to provide insights based on genetic predispositions and basic health data to help you understand factors that may influence your longevity. This tool is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider before making any decisions related to your health, lifestyle, or medical treatments. The information provided by the Longevity Screener is based on current scientific research and should be used as a supplementary tool in conjunction with professional medical advice.



# About Psoriasis

### Key Takeaways:

- Up to **90%** of differences in people's odds of developing psoriasis may be due to genetics.
- Psoriasis triggers include: infections, weather, skin injuries, stress, cigarette smoke, alcohol abuse, steroid withdrawal.
- About **2%** of Americans have psoriasis, mostly appearing in younger and older adults.
- Even though the condition is rare, people with high genetic risk should understand and be wary of potential triggers.
- Click the **Recommendations** tab for potential dietary and lifestyle changes.

*Psoriasis* is an autoimmune skin disease in which the body attacks its own skin cells. In response, skin cells begin to grow too quickly. New cells then begin to pile up on the skin's surface, forming plaques. The result is itchy, inflamed, scaly skin - the hallmark of psoriasis [R, R, R].

**About 2% of Americans have psoriasis.** It can appear at any age, but most cases develop between the ages of 15-20 or 55-60 [R].

People predisposed to psoriasis don't always have symptoms. In fact, **symptoms may only appear after contact with a "trigger"** [R].

Some common triggers include [R]:

- Throat and skin infections
- Dry and cold weather
- Skin injuries (like bug bites and sunburns)
- Stress
- Cigarette smoke
- Alcohol abuse
- Topical steroid withdrawal

Signs and symptoms of psoriasis include [R]:

- White scales covering patches of inflamed, itchy skin (often on the elbows, knees, scalp, and back)



MORE LIKELY

More likely to have psoriasis based on 1,049,035 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

| GENE    | SNP        | GENOTYPE |
|---------|------------|----------|
| TYK2    | rs34536443 | GG       |
| IL23R   | rs9988642  | TT       |
| STAT2   | rs2066819  | CC       |
| RNF145  | rs2082412  | GG       |
| IL12B   | rs7709212  | TT       |
| GCA     | rs17716942 | TT       |
| LCE3C   | rs4845459  | AA       |
| IFNLR1  | rs10794648 | CC       |
| SLC22A5 | rs1295685  | GG       |
| PPP2R3C | rs8016947  | GG       |
| ZNF816  | rs9304742  | TT       |
| DDX58   | rs11795343 | TT       |
| IL13    | rs20541    | GG       |
| TSC22D1 | rs9533962  | CC       |
| POLI    | rs545979   | TT       |
| ELMO1   | rs2700987  | AA       |
| TNFAIP3 | rs643177   | CT       |
| COG6    | rs34394770 | TT       |
| TP63    | rs28512356 | CC       |
| LYRM9   | rs28998802 | GA       |
| STX1B   | rs13708    | AG       |
| CCDC88B | rs645078   | AA       |
| IFIH1   | rs1990760  | TC       |
| PUS10   | rs62149416 | CT       |

- Joint stiffness
- Thickened or discolored nails

People with psoriasis also tend to have problems with their kidneys, heart, and joints. In fact, about 30% of patients have *psoriatic arthritis*. This painful condition mainly affects the fingers and toes [R].

**As there is no cure for psoriasis, treatment aims to manage symptoms.** Your doctor may suggest [R, R, R]:

- Light therapy
- Coal tar
- Medications that block the immune response
- Topical vitamin D
- Retinoids

**Between 60-90% of differences in psoriasis may be attributed to genetics.** Genes involved in psoriasis may influence [R, R, R]:

- Inflammation ([IL12B](#), [IL23A](#), [IL23R](#), [NFKBIZ](#))
- Immune response ([IFNLR1](#), [NOS2](#), [IFIH1](#), [HLA-C](#))

Genetically high neutrophil levels may be causally associated with a higher risk of psoriasis [R].

| GENE     | SNP        | GENOTYPE |
|----------|------------|----------|
| POLI     | rs3730682  | GA       |
| SLC44A2  | rs892085   | GA       |
| REL      | rs842625   | AG       |
| STX1B    | rs12445568 | TC       |
| EXOC2    | rs9504361  | GA       |
| TNFAIP3  | rs582757   | TC       |
| RUNX1    | rs8128234  | TC       |
| TNFSF8   | rs6478109  | GA       |
| CARD11   | rs4722404  | TC       |
| CLIC6    | rs9305556  | AG       |
| ZMIZ1    | rs1250546  | GA       |
| EXOC2    | rs3799296  | AT       |
| AK8      | rs1076160  | CT       |
| STAT3    | rs744166   | AA       |
| ANXA6    | rs2233278  | GG       |
| TNIP1    | rs17728338 | GG       |
| TRAF3IP2 | rs33980500 | CC       |
| STAT2    | rs2066807  | CC       |
| RNF145   | rs3213094  | CC       |
| LGALS9   | rs4795067  | AA       |
| PARK7    | rs417065   | CC       |
| CAVIN1   | rs56364076 | TT       |
| SPATA2   | rs1056198  | TT       |
| SPATA2   | rs7352944  | CC       |
| MFSD4B   | rs240993   | CC       |
| POU2F3   | rs2847500  | GG       |

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

# Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

|    |                                   | DOSAGE     |    |                             | DOSAGE     |
|----|-----------------------------------|------------|----|-----------------------------|------------|
| 1  | Relaxation Techniques             | 30 minutes | 2  | Topical Vitamin D           |            |
| 3  | Topical Retinoids                 |            | 4  | Light Therapy for Skin      | 30 minutes |
| 5  | Topical Coal Tar                  |            | 6  | Topical Indigo              |            |
| 7  | Bath Therapy                      | 20 minutes | 8  | Avoid Secondhand Smoke      |            |
| 9  | Aerobic Exercise (Cardio)         | 1 hour     | 10 | Gluten-Free Diet            |            |
| 11 | Topical Aloe Vera                 |            | 12 | White Peony (Chinese Peony) | 500 mg     |
| 13 | Cupping Therapy                   | 15 minutes | 14 | Infrared Light Therapy      |            |
| 15 | Methylfolate                      | 400 mcg    | 16 | Lactoferrin                 | 100 mg     |
| 17 | Omega-3 (Fish Oil)                | 500 mg     | 18 | Music Therapy               | 30 minutes |
| 19 | Bifidobacterium Infantis 35624    |            | 20 | Compression Therapy         |            |
| 21 | Shark Cartilage                   | 750 mg     | 22 | Avoid Cadmium Exposure      |            |
| 23 | Guided Imagery                    | 30 minutes | 24 | Folinic Acid                |            |
| 25 | Avoid Exposure to Heavy Metals    |            | 26 | Geothermal Seawater Bathing | 20 minutes |
| 27 | Maintain Optimal Vitamin D Levels | 1000 iu    | 28 | Chondroitin                 | 800 mg     |
| 29 | Mediterranean Diet                |            | 30 | Dietary Folate              |            |
| 31 | Meditation                        | 30 minutes | 32 | Topical Capsaicin           |            |

|    |                                           |         |    |                                         |         |
|----|-------------------------------------------|---------|----|-----------------------------------------|---------|
| 33 | Avoid Sugary Foods & Drinks               |         | 34 | Moisturize the Skin                     |         |
| 35 | Topical Curcumin                          |         | 36 | Aloe Vera                               | 50 mg   |
| 37 | Topical Licorice Root                     |         | 38 | Curcumin                                | 500 mg  |
| 39 | Spend Time in Nature                      | 2 hours | 40 | Acceptance and Commitment Therapy (ACT) |         |
| 41 | Mindfulness-Based Stress Reduction (MBSR) | 2 hours | 42 | Oregon Grape Extract                    | 1200 mg |
| 43 | Keto Diet                                 |         | 44 | Pycnogenol                              | 100 mg  |
| 45 | Cognitive-Behavioral Therapy (CBT)        |         | 46 | Topical St John's Wort                  |         |
| 47 | Dietary Antioxidants                      |         |    |                                         |         |



1



Relaxation Techniques

IMPACT

5 / 5

EVIDENCE

4 / 5

## How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

## Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R, R\]](#).

**Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways.** Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R, R, R\]](#):

- Anxiety
- Depression
- Chronic pain

**Progressive muscle relaxation is another relaxation technique.** In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R, R\]](#).

**Autogenic training is a relaxation technique** that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R, R\]](#).

## How it helps

**Experts agree that stress may have a major impact on psoriasis.** In fact, stressful events seem to trigger psoriasis in **up to 88%** of cases. In turn, psoriasis can cause or worsen stress [\[R, R, R, R, R, R\]](#).

Relaxation techniques like meditation and talk therapy may help reduce stress. In this way, they may improve symptoms in people with psoriasis [\[R, R, R, R, R\]](#).

2

Topical Vitamin D

IMPACT

5 / 5

EVIDENCE

4 / 5

## How to implement

Apply a vitamin D infused cream, lotion, or oil directly to your skin, focusing on areas that are most often exposed to sunlight, such as your face, arms, and legs. Use the product daily, preferably after showering to enhance absorption, for at least several months to notice skin health improvements.

## Description

Topical vitamin D formulations are used to address skin conditions like psoriasis and support overall skin health. While vitamin D is naturally synthesized by the body when exposed to sunlight, topical vitamin D preparations are typically synthetic.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control
- Skin health

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R, R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. People lacking vitamin D should consider taking a supplement [\[R\]](#).

Health professionals recommend topical vitamin D for some skin conditions [\[R\]](#).

## How it helps

Experts recommend some forms of topical vitamin D to help manage mild to moderate psoriasis. These are called vitamin D analogues. Topical vitamin D may help by slowing the growth of skin cells [\[R, R, R\]](#).

Topical vitamin D analogues may also support the effectiveness of other treatments. They may be combined with prescription creams or UVB light therapy [\[R\]](#).

However, topical vitamin D analogues may irritate the skin. They are also more expensive than other creams or ointments [\[R, R, R\]](#).

3



Topical Retinoids

IMPACT4 / 5

EVIDENCE5 / 5

## How to implement

Apply a pea-sized amount of topical retinoid to clean, dry skin once every evening before moisturizing. Start with applications 2-3 times a week, gradually increasing to nightly use as your skin tolerates it.

## Description

Retinoids are a class of vitamin A derivatives used topically for their ability to address various skin concerns, including acne, fine lines, and hyperpigmentation. They work by promoting cell turnover and collagen synthesis.

Retinoids are compounds related to [vitamin A](#). They include [\[R\]](#):

- Vitamin A (retinol)
- Natural vitamin A derivatives (retinoic acid, retinaldehyde, retinyl esters)
- Synthetic derivatives (tretinoin, isotretinoin, etretinate, tazarotene)

Retinoids control the growth of the skin and blood vessels. People apply topical retinoids to improve skin conditions such as [\[R\]](#):

- **Wrinkles**
- Acne
- Psoriasis
- Eczema
- Skin cancers

**Please note: Topical synthetic retinoids are prescription drugs and should only be used if prescribed by a doctor. They can have significant side effects. Natural retinoids are much safer and available in different OTC cosmetic products.**

## How it helps

**Experts recommend some forms of topical vitamin A to help manage psoriasis.** These are called *retinoids or vitamin A analogues*. They may help with moderate to severe plaque psoriasis [\[R, R\]](#).

Retinoids can slow skin cell growth. They may help most in combination with prescription topicals and UV light therapy. However, the evidence is mixed [\[R, R, R, R\]](#).

**Please note:** *When used at high doses, retinoids may cause skin irritation and greater sensitivity to light. Retinoids have also been linked to birth defects. Pregnant women should not use them in any form* [\[R, R, R\]](#).

4



Light Therapy for Skin

IMPACT

4 / 5

EVIDENCE

3 / 5

## How to implement

Sit in front of a light therapy box that emits a bright light (without UV rays) for about 20 to 30 minutes daily, preferably in the morning. Make sure the light is indirectly entering your eyes, as direct exposure can be harmful. Consistently use light therapy daily over several weeks to notice improvements in skin conditions.

TYPICAL STARTING DOSE

30 minutes

## Description

Light therapy, such as phototherapy or laser treatments, can be effective for various skin conditions like psoriasis and acne by reducing inflammation, promoting skin cell turnover, and improving overall skin appearance.

Light therapy involves shining different types of light on the skin. Doctors prescribe light therapy to help with certain skin conditions, including [R](#), [R](#), [R](#), [R](#):

- Psoriasis
- Eczema
- Acne
- Stretch marks

Different types of light can be used for skin, including [R](#), [R](#), [R](#):

- UV light
- [Blue light](#)
- [Red light](#)
- Laser therapy

## How it helps

**Light therapy is one of the best treatments to help with psoriasis.** It may help people with moderate to severe symptoms [R](#), [R](#), [R](#).

Light therapy with **blue light** or **red light** may help improve psoriasis symptoms by [R](#), [R](#), [R](#), [R](#), [R](#), [R](#):

- Reducing inflammation
- Slowing skin cell growth and division

**Please note:** *Light therapy may damage skin and increase signs of aging. Please consult your doctor before trying any light therapy* [R](#), [R](#).

 PERSONALIZED TO YOUR GENES

People with your [TP53](#) gene variant may respond better to light therapy for psoriasis [R](#).

| YOUR GENETIC VARIANTS |           |          |                                                                    |
|-----------------------|-----------|----------|--------------------------------------------------------------------|
| GENE                  | SNP       | GENOTYPE | EVIDENCE                                                           |
| TP53                  | rs1042522 | CC       | <div><div></div><div></div><div></div><div></div><div></div></div> |



5

Topical Coal Tar

IMPACT

3 / 5

EVIDENCE

4 / 5

## How to implement

Apply a thin layer of coal tar ointment, lotion, or solution to the affected skin areas once daily. Gently massage it into the skin and leave it on for at least one hour or overnight; follow up by washing the area with soap and water. Use consistently for at least 4 weeks to see improvement.

## Description

Coal tar is a topical treatment derived from coal that contains various compounds. It is used to alleviate skin conditions like psoriasis and eczema due to its ability to slow down the excessive growth of skin cells and reduce inflammation.

Coal tar is a thick black liquid made when coal is processed to fuel [\[R\]](#).

It was first used to soothe psoriasis and other skin conditions hundreds of years ago [\[R\]](#).

## How it helps

Experts recommend topical products with coal tar to help manage mild-moderate psoriasis [\[R\]](#), [\[R\]](#), [\[R\]](#).

Coal tar may help improve the symptoms of psoriasis, including scaling and itching. However, the evidence is mixed [\[R\]](#), [\[R\]](#), [\[R\]](#).

Coal tar may help by [\[R\]](#):

- Decreasing the growth and division of skin cells
- Reducing inflammation

**Please note:** Coal tar may irritate the skin and stain clothing. Pregnant or breastfeeding women should not use coal tar [\[R\]](#).

PERSONALIZED TO YOUR GENES

Your [IL12B](#) gene variant is linked to psoriasis. It likely increases skin inflammation. Topical products with coal tar may help by reducing skin inflammation [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

| YOUR GENETIC VARIANTS |            |          |                                                                    |
|-----------------------|------------|----------|--------------------------------------------------------------------|
| GENE                  | SNP        | GENOTYPE | EVIDENCE                                                           |
| IL12B                 | rs62377586 | GG       | <div><div></div><div></div><div></div><div></div><div></div></div> |



6

Topical Indigo

IMPACT3 / 5

EVIDENCE3 / 5

## How to implement

Apply a cream or ointment containing indigo naturalis to the affected skin areas two to three times daily. Continue this routine for at least 8 weeks to observe significant improvement in symptoms.

## Description

Indigo is a plant-derived natural dye and topical application that has been used traditionally for its potential anti-inflammatory and skin-soothing properties. It is often found in skincare products and may be used to alleviate skin conditions such as psoriasis and eczema.

Indigo (*Indigo naturalis*) is a plant used in traditional Chinese medicine [\[R\]](#), [\[R\]](#), [\[R\]](#).

People use indigo as a natural dye. Extracts from the leaves and stems of indigo are also used to help manage skin problems [\[R\]](#), [\[R\]](#).

## How it helps

**Indigo extract in oil may help manage nail psoriasis** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Indigo creams may also help improve the symptoms of other forms of psoriasis [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Indigo may help by:

- Reducing skin thickening [\[R\]](#)
- Reducing inflammation [\[R\]](#), [\[R\]](#)
- Repairing the skin barrier [\[R\]](#)

**Please note:** *Indigo can stain the skin. Topical ointments need to be formulated by a specialized pharmacist. Talk to your doctor before using topical indigo* [\[R\]](#).

7



Bath Therapy

IMPACT

3 / 5

EVIDENCE

3 / 5

## How to implement

Submerge in a warm water bath, ideally between 92-100°F (33-38°C), for 15-20 minutes, three to four times a week. Avoid using very hot water to prevent skin dryness.

TYPICAL STARTING DOSE

20 minutes

## Description

Balneotherapy (balneum, “bath” in Latin) is a type of therapy that involves using **water with minerals and salts**. The water used for balneotherapy is **at least at 20°C** and has a **mineral content of at least 1g/L**. Balneotherapy includes bathing in natural springs, mineral baths, or swimming pools with mineral-rich water

Balneotherapy (balneum, “bath” in Latin) is a type of therapy that involves using **water with minerals and salts**. The water used for balneotherapy is **at least at 20°C** and has a **mineral content of at least 1g/L**. Balneotherapy includes bathing in natural springs, mineral baths, or swimming pools with mineral-rich water [\[R, R\]](#).

Waters for balneotherapy contain a mixture of organic and inorganic compounds, such as hydrogen sulfide (H2S) [\[R, R\]](#).

People use balneotherapy to help with [\[R, R\]](#):

- Joint and back pain
- Fibromyalgia
- Skin conditions (e.g., psoriasis)

## How it helps

Taking **15-minute lukewarm baths every day** may help soothe the skin and remove scales in people with psoriasis. Useful bath ingredients include [\[R\]](#):

- Oils
- Colloidal oatmeal
- Epsom salt

Bathing in mineral waters may also help make psoriasis less severe. Salt water baths may even boost the effectiveness of light therapy [\[R, R, R, R\]](#).

These baths may help by:

- Lowering the growth and division of skin cells [\[R\]](#)
- Reducing inflammation [\[R\]](#)

 PERSONALIZED TO YOUR GENES

Your ***TSC1*** gene variant is linked to psoriasis. It likely promotes the growth and division of skin cells. Bath therapy may help slow this process [\[R, R, R\]](#).

| YOUR GENETIC VARIANTS |           |          |                                                                    |
|-----------------------|-----------|----------|--------------------------------------------------------------------|
| GENE                  | SNP       | GENOTYPE | EVIDENCE                                                           |
| AK8                   | rs1076160 | CT       | <div><div></div><div></div><div></div><div></div><div></div></div> |

8



Avoid Secondhand Smoke

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Implementing a smoke-free lifestyle involves communicating your needs to family, friends, and coworkers, requesting they respect your choice by smoking away from you. At home, establish strict no-smoking policies indoors. When out, choose smoke-free venues and accommodations. Advocate for smoke-free environments in your community and support legislation that promotes public health by reducing exposure to secondhand smoke. Utilize air purifiers at home to reduce any residual particles.

Description

Avoiding secondhand smoke is crucial for maintaining good health. Exposure to secondhand smoke can lead to respiratory problems, cardiovascular disease, and an increased risk of lung cancer, even in non-smokers. Protecting oneself from secondhand smoke involves staying away from smoking areas, ensuring smoke-free environments at home and work, and advocating for smoke-free policies in public spaces.

How it helps

**Experts say that cigarette smoke may increase the odds of psoriasis.** Both smoking and secondhand smoke are harmful. In fact, **the more you smoke, the greater your risk** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Smoking may also make psoriasis symptoms worse and reduce treatment response [\[R\]](#), [\[R\]](#).

Smoking may worsen psoriasis by increasing [oxidative stress](#) and inflammation [\[R\]](#).

9

Aerobic Exercise (Cardio)

IMPACT3 / 5

EVIDENCE3 / 5

## How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

## Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

**Interval training** is a type of cardio that combines periods of high-intensity training with brief rest periods.

## How it helps

People who regularly engage in vigorous exercise may have lower odds of psoriasis [\[R\]](#).

In overweight and obese patients with psoriasis, weight-loss interventions combining aerobic exercise and diet may reduce disease severity [\[R\]](#).

Physical activity may improve physical function, but not quality of life, in people with psoriatic arthropathy [\[R\]](#).

Aerobic exercise in particular may improve [\[R\]](#):

- Disability
- Fatigue
- Aerobic capacity
- Body composition
- Blood lipid profile



10



Gluten-Free Diet

IMPACT

2 / 5

EVIDENCE

3 / 5

## How to implement

Remove all foods containing wheat, barley, and rye from your diet. This includes obvious sources like bread and pasta, as well as hidden sources in sauces, soups, and processed foods. Check labels for gluten-free certification, and aim to maintain this diet consistently, as even small amounts of gluten can cause symptoms to recur in sensitive individuals.

## Description

A gluten-free diet is essential for individuals with celiac disease or gluten sensitivity. It helps prevent digestive issues and promotes overall health by avoiding foods containing gluten, a protein found in wheat, barley, and rye.

Gluten is a protein found in wheat and some other grains. **People with celiac disease have to follow a gluten-free diet to prevent gut damage.** A gluten-free diet eliminates all foods containing [R](#), [R](#):

- Wheat
- Barley
- Rye
- Malt
- [Brewer’s yeast](#)

## How it helps

**Psoriasis and celiac disease seem to be linked.** In fact, people with celiac disease may be at around **70-170% greater risk of psoriasis**. Cutting gluten from the diet may reduce inflammation and improve psoriasis symptoms [R](#), [R](#), [R](#), [R](#).

However, **there is no evidence to support a gluten-free diet for psoriasis in people who aren't sensitive to gluten** [R](#), [R](#).



11



Topical Aloe Vera

IMPACT

2 / 5

EVIDENCE

3 / 5

## How to implement

Apply a thin layer of pure aloe vera gel extracted directly from the aloe plant or an aloe vera-based product directly to the affected area. Gently rub it in until it is absorbed. Repeat this application 2-3 times daily until the symptoms improve.

## Description

Aloe vera is a plant-derived gel known for its skin-soothing and healing properties. Topical applications of aloe vera are commonly used to relieve sunburn, minor burns, and skin irritation, promoting faster healing and reducing discomfort.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

**Topical aloe vera** may help soothe burns and skin conditions [\[R\]](#).

**Oral aloe vera** may help with blood sugar and gut health [\[R\]](#).

## How it helps

**Topical aloe vera may help keep the skin hydrated and reduce inflammation** [\[R\]](#).

**Experts say it may help manage mild psoriasis** by improving symptoms like scaling and itching [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

However, the evidence is mixed [\[R\]](#).

**Please note:** *Some people may have an allergic reaction after putting aloe vera on their skin. Do not use aloe if you are allergic to plants that are part of the lily family (such as onions and tulips)* [\[R\]](#), [\[R\]](#), [\[R\]](#).

12



White Peony (Chinese Peony)

IMPACT2 / 5

EVIDENCE3 / 5

## How to implement

Take 500 mg of white peony (Chinese peony) supplement daily. It can be consumed with or without food, according to your preference.

TYPICAL STARTING DOSE  
500 mg

## Description

White peony is a plant extract derived from the root of the *Paeonia lactiflora* plant, commonly known as Chinese and sometimes red peony. It has been used traditionally in Chinese herbal medicine for its potential anti-inflammatory and pain-relieving properties. The main compounds in white peony extract include paeoniflorin and other glycosides.

White peony is commonly used for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Autoimmune skin/joint conditions
- Menstrual cramps
- Heart disease
- Improved immune response

## How it helps

Chinese peony root extract may help with psoriasis. It may be best when combined with other treatments [\[R\]](#), [\[R\]](#).

13



Cupping Therapy

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

To practice cupping therapy as part of your lifestyle, schedule sessions with a qualified therapist once or twice a month to address specific concerns or for general wellness. Each session usually lasts between 5 to 15 minutes. Consistent treatment over several months may yield the best results.

TYPICAL STARTING DOSE

15 minutes

Description

Cupping therapy is an alternative therapy that involves placing cups on the skin to create suction. Some believe it may help with pain relief and muscle tension.

How it helps

Cupping therapy increases blood circulation to the area where the cups are placed, helping to relieve inflammation which can benefit psoriasis. However, this alone may not be adequate in managing psoriasis, and should be complemented with appropriate medical treatments.

A meta-analysis of 16 trials and 1164 participants with plaque psoriasis concluded that moving cupping therapy, both alone and as an add-on to conventional therapy, improves symptom severity and recurrence rates [\[R\]](#).

14



Infrared Light Therapy

IMPACT

2 / 5

EVIDENCE

2 / 5

Description

Infrared light therapy is a type of light therapy that uses infrared light to improve circulation, reduce pain, and promote healing. It has been shown to be effective in treating a variety of conditions, including arthritis, chronic pain, and wound healing.

How it helps

A meta-analysis of 31 studies identified infrared LEDs among those helping with psoriasis lesions, as well as with skin rejuvenation [\[R\]](#).

15



Methylfolate

IMPACT

2 / 5

EVIDENCE

2 / 5

## How to implement

Take an L-methyl folate supplement (400-800 micrograms daily), ideally with a meal, to improve absorption. This dosage is recommended for adults, including pregnant women, to support overall health, especially to reduce the risk of neural tube defects in developing fetuses. Continue daily use as part of your regular supplement routine.

TYPICAL STARTING DOSE

400 mcg

## Description

Folate, a B-vitamin, is crucial for DNA synthesis, cell growth, and the formation of red blood cells. Adequate folate intake supports overall health and reduces the risk of neural tube defects during pregnancy.

**Vitamin B9** (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

SelfDecode recommends L-methylfolate as the preferred folate supplement for those who need one. It is superior to folic acid because it doesn't require activation, but the research is still ongoing [\[R\]](#), [\[R\]](#).

## How it helps

Folate helps psoriasis by aiding in the production and repair of skin cells, thereby reducing the symptoms of psoriasis. It's also involved in reducing inflammation, a key factor in psoriasis flare-ups.

A [meta-analysis of 24 studies](#) found that patients with psoriasis had **lower serum folate levels** [\[R\]](#).

Importantly supplementation with folic acid **reduced the efficacy of methotrexate** in [2 placebo-controlled trials of 42 patients with psoriasis](#) [\[R\]](#), [\[R\]](#).



16



Lactoferrin

IMPACT

2 / 5

EVIDENCE

1 / 5

## How to implement

Take 100-200 mg of lactoferrin supplement per day, preferably on an empty stomach to enhance its absorption. Continue this regimen daily for 8 to 12 weeks to observe beneficial effects.

TYPICAL STARTING DOSE

100 mg

## Description

Lactoferrin is a protein found in milk and other bodily fluids that has been studied for its potential health benefits, including immune system support and antimicrobial properties. It plays a role in promoting gut health.

Lactoferrin is a protein found in milk. It can bind to iron and travel all around the body [R].

Lactoferrin may help support [R, R]:

- Immunity
- Iron status

## How it helps

Lactoferrin has anti-inflammatory properties that help reduce excessive immune responses, reducing the skin inflammation seen in psoriasis. Additionally, it promotes wound healing which can help heal the skin lesions associated with this condition.

An open-label, two arms, 4-week trial with 30 psoriasis patients found that 10% lactoferrin ointment **improved elevation, redness, and scaling of psoriatic target plaques** [R].

## How to implement

**TYPICAL STARTING DOSE**

**500 mg**

## Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [[R](#), [R](#), [R](#)].

There are three major types of omega-3s: ALA, EPA, and DHA [R, R].

**Fatty fish are rich in EPA and DHA.** They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [R].

## How it helps

Experts suggest that oral fish oil therapy used in combination with UVB therapy may reduce the amount of affected skin [R, R].

Omega-3 polyunsaturated fatty acid supplementation, especially with higher doses, may improve psoriasis area and severity by reducing [R, R, R]:

- Redness
- Scaling
- Itching
- Rash

However, not all studies found this benefit [R, R, R, R].



18



Music Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Engage in music therapy sessions for at least 30 minutes a day, three times a week. These sessions can involve listening to music, playing an instrument, singing, or writing songs, facilitated by a certified music therapist if possible.

TYPICAL STARTING DOSE  
30 minutes

## Description

Music therapy is a therapeutic approach that uses music to address physical, emotional, cognitive, and social needs. It can improve mental health, enhance emotional expression, and support overall well-being.

[Music](#) therapy is a form of therapy that involves making, reflecting on, and/or listening to music. It can be applied individually or in groups and may not require the presence of a therapist [\[R\]](#).

Music therapy provides tools for body relaxation and positive imagery. It aims to improve communication, quality of life, and well-being [\[R\]](#), [\[R\]](#).

## How it helps

In a non-placebo-controlled trial of 68 patients with psoriasis, receiving 3 x 30 minutes of MRT-Music per day for 14 days reduced the stimulus to scratch, degree of sickness, blood pressure, and heart rate [\[R\]](#).

Music can alleviate the stress that often triggers or worsens flare-ups by promoting relaxation and improving mental well-being.

19



Bifidobacterium Infantis 35624

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

*Bifidobacterium infantis* 35624 is available in several forms, including capsules, tablets, powder, and liquid. The recommended dosage may vary depending on the specific product and individual health needs, but a common dosage range is between 1 to 10 billion CFU/day. Probiotic supplements should generally be taken with or after meals to improve stability and absorption. If taking the powder form, it can be mixed with water or food. For specific health concerns, such as gut issues or IBS, dosage recommendations may differ, so professional guidance is recommended.

## Description

*Bifidobacterium infantis* 35624 is a specific strain of beneficial bacteria that is naturally found in the human gut, particularly in infants.

This strain is known for its ability to support digestive health and immune function. Research suggests that *B. infantis* 35624 can help maintain a healthy balance of gut microbiota, alleviate symptoms of irritable bowel syndrome, reduce inflammation, and improve overall gut function. It has also been studied for its potential to promote the development of the gut microbiome in infants, particularly in those born via C-section or who are not breastfed.

As a probiotic supplement, *B. infantis* 35624 is commonly used to support digestive health and improve symptoms of gut-related disorders.

## How it helps

In 3 small placebo-controlled trials of 96 patients with ulcerative colitis, chronic fatigue syndrome, or psoriasis, supplementation with *B. infantis* 35624 for 6–8 weeks lowered CRP levels in all three inflammatory conditions, TNF-alpha in people with chronic fatigue syndrome and psoriasis, and IL-6 in those with chronic fatigue syndrome and ulcerative colitis [R].

20



Compression Therapy

IMPACT1 / 5

EVIDENCE1 / 5

## How to implement

Wear compression stockings or sleeves daily, especially during long periods of standing or sitting. Choose a compression level appropriate for your condition (mild, moderate, or high), as advised by a healthcare professional. Start wearing them in the morning before swelling occurs and keep them on until bedtime.

## Description

Compression therapy involves wearing specialized garments that apply pressure to the limbs, promoting better circulation and reducing swelling. It is commonly used to manage conditions like venous disorders and can help alleviate symptoms, improve vascular health, and enhance overall well-being.

In compression therapy, different methods are used to apply pressure to the legs. These methods include [\[R\]](#):

- Bandages
- Wraps
- Compression stockings
- Pneumatic pressure devices

Compression therapy supports blood flow. It may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Prevent blood clots and deep vein thrombosis (DVT)
- Reduce some kinds of swelling
- Reduce symptoms of restless legs syndrome

## How it helps

In 30 patients with psoriasis, compression therapy on the lower leg slightly improved mean lesion severity score results and subjective pain compared to the non-compressed leg. No Koebner phenomenon was observed [\[R\]](#).

Compression therapy may help by reducing inflammation and improving blood circulation. This may decrease swelling and promote healing in affected areas.

21



Shark Cartilage

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take the shark cartilage supplement orally in capsule or powder form, following the dosage instructions on the product label, which is typically around 750 mg to 2000 mg per day, divided into two to three doses. It should be taken with meals to help with absorption. Continue daily for a period as suggested by a healthcare provider.

TYPICAL STARTING DOSE

750 mg

Description

How it helps

In a non-placebo-controlled trial of 49 patients with plaque psoriasis, supplementation with AE-941 for 60-240 mL/day for 12 weeks **improved the Psoriasis Area and Severity Index by 30.8-50%** [\[R\]](#).



22



Avoid Cadmium Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

To avoid cadmium exposure, refrain from smoking or exposure to secondhand smoke, reduce consumption of foods high in cadmium like shellfish, liver, kidney meats, and certain leafy vegetables, and use ceramic or glass containers instead of plastic when microwaving food. Limit intake of cadmium-contaminated workplace air by using protective gear if you work in battery manufacturing, welding, or metal refining industries.

## Description

Avoiding cadmium exposure is essential to prevent potential health risks associated with this heavy metal, such as kidney damage and increased cancer risk. Reducing exposure to cadmium-containing products and contaminated foods is crucial.

Heavy metals are elements naturally found in the environment. They are also used for agricultural, industrial, and medicinal purposes. Some can even be found in small amounts in your body [\[R\]](#), [\[R\]](#).

Long-term exposure to high amounts of heavy metals can be harmful to your health [\[R\]](#), [\[R\]](#).

Heavy metals that are most often linked to health problems include [\[R\]](#), [\[R\]](#):

- Lead
- Cadmium
- Arsenic
- Chromium
- Mercury

## How it helps

A study of 6,534 adults associated high urinary barium, cesium, antimony, uranium, and cadmium with an increased risk of psoriasis, while molybdenum was protective [\[R\]](#).

Cadmium is a heavy metal that can trigger skin inflammation, thereby worsening psoriasis symptoms.

23



Guided Imagery

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Find a quiet, comfortable place to sit or lie down where you can spend 20 to 30 minutes without interruptions. Close your eyes and take deep breaths to relax. Then, listen to a guided imagery audio recording or follow a script where you imagine a peaceful scene or scenario in detail. Do this practice daily, ideally at the same time each day, to reduce stress and improve well-being.

TYPICAL STARTING DOSE

30 minutes

## Description

Guided imagery is a relaxation technique that involves using mental images to promote relaxation, reduce stress, and manage pain. It can have a positive impact on mental well-being and overall stress management.

Guided imagery is a relaxation technique that involves visualizing positive, peaceful settings. Guided imagery aims to [\[R\]](#), [\[R\]](#):

- Improve mind-body connection
- Enhance well-being
- Reduce stress and anxiety
- Improve immunity

## How it helps

Meditation and guided imagery therapies showed modest efficacy in the treatment of psoriasis in 3 single-blind trials with a total of 112 patients [\[R\]](#).

Guided imagery may help by reducing stress, which is a common trigger for psoriasis flare-ups.



24



Folinic Acid

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Folinic acid is administered in several forms, including oral tablets, injections, or infusions, depending on the medical condition being treated. Always use folinic acid as prescribed by a healthcare provider. The specific dose and frequency depend on the condition being treated and the individual patient’s response. Regular monitoring by a healthcare provider is necessary, especially when used in conjunction with chemotherapy, to adjust doses as needed and to manage any side effects.

## Description

Folinic acid, also known as leucovorin, is a form of folic acid used in pharmacology, primarily to diminish the toxic effects of certain chemotherapy medications. Unlike folic acid, folinic acid doesn't require enzymatic conversion to become biologically active and can be directly utilized by the body. It plays a crucial role in DNA synthesis and repair, and in the methylation process, which is vital for cellular health and function.

The health benefits of folinic acid are mostly seen in its ability to counteract the side effects of methotrexate, a drug used to treat certain types of cancer and autoimmune diseases. Methotrexate can inhibit the body's ability to use folate, leading to deficiencies. Administering folinic acid can help prevent or mitigate these deficiencies, aiding in faster recovery of healthy cells.

Folinic acid is also used in the treatment of megaloblastic anemia when it's caused by a deficiency in folate and not effectively treated by folic acid due to metabolic or absorption issues. Additionally, there is research into its potential benefits in improving symptoms of mental health disorders such as depression, suggesting that it might aid in managing conditions related to folate metabolism abnormalities.

## How it helps

In psoriasis patients treated with methotrexate, supplementation with folinic acid may reduce liver toxicity [\[R\]](#).

25



Avoid Exposure to Heavy Metals

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

To avoid exposure to heavy metals, ensure you're not using cosmetic products with heavy metals, opt for organic foods to minimize pesticide exposure, and use filters for drinking water to remove possible contaminants. Check for lead-based paints in older homes and avoid cooking or storing food in uncoated metal containers. When possible, choose glass or BPA-free plastics instead.

## Description

Heavy metals are elements naturally found in the environment. They are also used for agricultural, industrial, and medicinal purposes. Some can even be found in small amounts in your body [\[R\]](#), [\[R\]](#).

Long-term exposure to high amounts of heavy metals can be harmful to your health [\[R\]](#), [\[R\]](#).

Heavy metals that are most often linked to health problems include [\[R\]](#), [\[R\]](#):

- Lead
- Cadmium
- Arsenic
- Chromium
- Mercury

## How it helps

A study of 6,534 adults associated high urinary barium, cesium, antimony, uranium, and cadmium with an increased risk of psoriasis, while molybdenum was protective [\[R\]](#).

26



Geothermal Seawater Bathing

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

To implement geothermal seawater bathing, find a natural geothermal pool or a spa that offers geothermal seawater bathing. Engage in this activity for about 20-30 minutes per session, aiming for 2-3 sessions per week. It's recommended to continue this routine consistently over several weeks to potentially experience benefits.

TYPICAL STARTING DOSE

20 minutes

## Description

Geothermal seawater bathing, often found in natural hot springs or thermal spas, may provide relaxation and potential relief from muscle pain and joint stiffness. The mineral-rich seawater can have soothing effects on the body and promote relaxation.

## How it helps

In a non-placebo-controlled trial of 68 patients with psoriasis, bathing in geothermal seawater 3x/week, both alone and combined with narrowband UVB therapy improved disease severity better than narrowband UVB alone [\[R\]](#).

Geothermal seawater bathing is full of minerals like sulfur that can calm inflammation and promote skin healing.

**Please note:** *Seawater contains much more salt than the human body can handle. Hence, the human body can safely ingest only small amounts of seawater. Drinking seawater may increase the risk of gastrointestinal infections [\[R\]](#), [\[R\]](#).*

## How to implement

**TYPICAL STARTING DOSE**  
**1000 iu**

## Description

**Your body needs [vitamin D](#) for strong bones.** Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

**Sunlight** is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [R, R].

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [R].

## How it helps

Genetically predicted higher and lower vitamin D levels may be associated with a lower risk of psoriasis. In another study, low 25OHD levels were associated with a 20% increased risk of incident psoriasis, particularly in obese individuals, while genetically predicted higher 25OHD levels were associated with a 24% decreased risk of psoriasis [R, R, R, R].

However, a favorable effect of oral vitamin D supplementation in patients with psoriasis could not be verified in another study [R].



PERSONALIZED TO YOUR GENES

People with psoriasis and your **VDR** gene variant may respond better to vitamin D supplementation [\[R\]](#).

YOUR GENETIC VARIANTS

| GENE | SNP       | GENOTYPE | EVIDENCE                                                           |
|------|-----------|----------|--------------------------------------------------------------------|
| VDR  | rs4516035 | TT       | <div><div></div><div></div><div></div><div></div><div></div></div> |



28



Chondroitin

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take 400 mg of chondroitin sulfate orally, three times a day or 800 mg once daily. This supplement regimen is typically followed for up to 6 months to support joint health.

TYPICAL STARTING DOSE

800 mg

Description

Chondroitin is often used as a supplement to support joint health and reduce the symptoms of osteoarthritis. It may help improve joint mobility and reduce discomfort in individuals with joint-related issues.

Chondroitin is a major component of cartilage. It helps keep cartilage healthy, and it provides the building blocks for the body to produce new cartilage.

People often combine chondroitin with glucosamine as supplements for joint health [\[R\]](#), [\[R\]](#).

How it helps

In an uncontrolled trial of 11 patients with long-standing, moderate to severe psoriasis, supplementation with chondroitin sulfate (800 mg/day) for 2 months reduced swelling, redness, flaking, itching, and epidermal thickness, increased hydration and softening of the skin, and improved scaling [\[R\]](#).

29



Mediterranean Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

## Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

## How it helps

**Following the Mediterranean diet may reduce the odds of psoriasis.** In people with psoriasis, it may improve the symptoms and slow their progression [\[R, R, R\]](#).

The Mediterranean diet may help with psoriasis by **reducing inflammation** [\[R\]](#).

It also promotes the intake of **antioxidant-rich fruits and vegetables**. People who eat more antioxidant-rich fruits and vegetables (like tomatoes and carrots) may be less likely to develop psoriasis. They may also have less severe symptoms [\[R, R, R, R\]](#).

In a non-placebo-controlled trial of 37 overweight or obese patients with stable chronic plaque psoriasis, following a protein-sparing, very low-carbohydrate ketogenic diet for 4 weeks followed by a balanced, hypocaloric Mediterranean diet reduced psoriasis scores, affected body surface area (by 17.4%), and itch severity [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Your [TNFAIP3](#) gene variant is linked to psoriasis. It may increase the activity of TNF, an inflammatory protein. The Mediterranean diet may help by reducing TNF levels and inflammation [\[R, R, R, R\]](#).

| YOUR GENETIC VARIANTS |          |          |                                                                    |
|-----------------------|----------|----------|--------------------------------------------------------------------|
| GENE                  | SNP      | GENOTYPE | EVIDENCE                                                           |
| TNFAIP3               | rs610604 | TG       | <div><div></div><div></div><div></div><div></div><div></div></div> |



30



Dietary Folate

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Increase your intake of folate-rich foods such as leafy green vegetables, fruits, nuts, and legumes. Aim to consume these foods daily, incorporating them into various meals throughout the day to meet the recommended dietary allowance of 400 micrograms for adults.

## Description

[Vitamin B9](#) (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

Rich sources of folate include [\[R\]](#), [\[R\]](#):

- Beef liver
- Spinach
- Black-eyed peas
- Asparagus
- Citrus fruits

While folate deficiency is rare, it can happen in people who don’t eat enough fruits and vegetables. Alcoholics and lactating women may also be at increased risk [\[R\]](#).

Adults should get **400 micrograms (mcg)** of folate per day. Pregnant or breastfeeding women should get **500-600 mcg per day**. Supplements are usually in the form of *folic acid* or [L-methylfolate](#) (5-MTHF) [\[R\]](#), [\[R\]](#).

## How it helps

Dietary folate assists in the generation and repair of skin cells, which can help manage psoriasis symptoms. By maintaining healthy skin cells, folate may play a preventative role in psoriasis development.

31



Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

## Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

**Meditation** is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

## How it helps

Meditation practices can reduce stress and anxiety levels, potentially lowering the frequency and intensity of psoriasis outbreaks.

32

Topical Capsaicin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a capsaicin cream or gel to the affected area 3 to 4 times daily. Make sure the skin is clean and intact before application. Avoid contact with eyes, mouth, and other sensitive areas. Use consistently for several weeks to see improvement.

Description

Capsaicin is a compound found in chili peppers and is used topically in creams and patches for its potential to alleviate pain related to conditions like arthritis, neuropathy, and muscle soreness.

[Capsaicin](#) is the compound that makes chili peppers spicy [\[R\]](#).

People use topical capsaicin to relieve pain and oral capsaicin to aid weight loss [\[R, R\]](#).

In the short term, capsaicin causes pain. However, **if you’re exposed to a lot of capsaicin over a long period of time, it can reduce your pain sensitivity** [\[R, R\]](#).

***Please note:** Capsaicin may irritate the skin. Consult your doctor if the irritation is severe or lasts longer than 4 weeks. If capsaicin gets in your eyes, flush them with water immediately and consult your doctor [\[R, R, R\]](#).*

How it helps

Topical Capsaicin, obtained from chili peppers, helps to reduce the itching and skin inflammation associated with psoriasis. It achieves this by targeting and reducing the pain signals in the nerves of the skin.

33



Avoid Sugary Foods & Drinks

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

## Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

**High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels.** They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Weight gain and obesity [\[R\]](#), [\[R\]](#)
- Insomnia [\[R\]](#)
- Heart disease [\[R\]](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [\[R\]](#), [\[R\]](#).

## How it helps

Sugary foods can contribute to inflammation and may exacerbate psoriasis symptoms.



34



Moisturize the Skin

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Apply a moisturizer to your skin within a few minutes after bathing or showering once daily. For dry skin conditions, moisturizing twice daily, once in the morning and once at night before bed, may be beneficial. Choose a moisturizer suited for your skin type; for sensitive skin, opt for fragrance-free options.

## Description

Moisturizing the skin involves applying skincare products to maintain skin hydration, prevent dryness, and support a healthy skin barrier, which can help alleviate skin conditions like dryness, itching, and flakiness.

A water imbalance in the skin can make it dry and more susceptible to irritation [\[R\]](#).

**Moisturizers** help the skin retain water. In doing so, they may strengthen the skin barrier [\[R\]](#).

There are many types of moisturizing products, including [\[R\]](#):

- Gels
- Lotions
- Creams
- Ointments

These products differ in their water and oil content. Ointments contain the most oil. Lotions and gels contain more water. Creams have a bit of both [\[R\]](#).

It might take some trial and error to find products that work best for your skin type [\[R\]](#).

People with skin conditions like eczema may benefit more from using moisturizers with a lot of oil. These include ointments and creams [\[R\]](#), [\[R\]](#).

## How it helps

Regularly moisturizing helps to maintain the integrity of the skin barrier, soothes dryness, and can reduce itching and irritation associated with psoriasis.

35

Topical Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Apply a cream or gel containing curcumin directly to the affected area of the skin. This should be done 2-3 times daily. It's best to continue this application for as long as the condition persists or according to the product's specific instructions.

## Description

Curcumin is a compound found in turmeric, a plant-derived topical application used for its anti-inflammatory and antioxidant properties. It is applied to the skin to reduce inflammation and soothe conditions like arthritis and skin irritations.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health

## How it helps

Topical Curcumin can help manage Psoriasis by inhibiting skin cell growth and reducing inflammation, thanks to its potent anti-inflammatory and antioxidant properties. Applying it directly on the psoriatic lesions can therefore relieve symptoms, such as redness and scaliness.



36



Aloe Vera

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Take a 50 mg Aloe vera supplement daily, with a glass of water, preferably at the same time each day to maintain consistency.

TYPICAL STARTING DOSE

50 mg

## Description

Aloe vera is a succulent plant native to arid regions and contains a gel-like substance in its leaves that is rich in vitamins, minerals, and antioxidants, making it beneficial for soothing skin irritations, promoting wound healing, and providing relief from conditions such as sunburn and minor burns. The primary active compounds in aloe vera gel include polysaccharides, vitamins like vitamin C and E, and minerals such as zinc, which contribute to its healing and anti-inflammatory effects.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

People use aloe gel to help soften the skin and soothe burns [\[R\]](#).

**Oral aloe supplements may help with blood sugar and gut health [\[R\]](#).**

## How it helps

Aloe vera has anti-inflammatory properties that may help to soothe the skin and reduce redness and scaling associated with psoriasis.

37

Topical Licorice Root

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Apply a thin layer of licorice root extract cream or gel directly to the affected skin areas twice daily, morning and evening, for at least two to four weeks to see improvements.

## Description

Licorice root, derived from the Glycyrrhiza plant, is used topically for its anti-inflammatory and soothing properties. Its main compound, glycyrrhizin, can help alleviate skin conditions such as eczema, psoriasis, and dermatitis.

[Licorice](#) (*Glycyrrhiza glabra*) is a plant used to flavor candy and drinks [\[R\]](#).

Its root has long been used in folk medicine. Today, people use it for sore throats, digestive problems, and itchy skin. Its compound *licochalcone A* may also help with rosacea [\[R\]](#).

## How it helps

Topical licorice root is beneficial for psoriasis as it contains glycyrrhizin, which reduces inflammation, redness, and irritation caused by this skin condition. It also helps to soothe and soften the skin, promoting healing and reducing psoriasis flare-ups.

38



Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE  
500 mg

## Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

## How it helps

Curcumin, an anti-inflammatory and antioxidant compound found in turmeric, may assist in treating psoriasis by reducing the skin inflammation and slow down the rate at which skin cells grow, two key factors in psoriasis. It can be taken orally or applied topically to achieve this effect.

39



Spend Time in Nature

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Aim to spend at least 120 minutes per week in natural environments, such as parks, forests, or beaches. This can be divided into short durations throughout the week, for example, 17 minutes per day or longer sessions on weekends.

TYPICAL STARTING DOSE

2 hours

## Description

Spending time in nature, also known as ecotherapy or forest bathing, is a wellness practice that involves immersing oneself in natural environments. It offers mental and physical health benefits, including reduced stress, improved mood and eye health, healthier weight, and blood sugar control.

Spending over 2 hours in nature every week is linked to better health and well-being [\[R\]](#).

Spending more time in nature or in urban green areas may help support [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Healthy weight
- Blood sugar control
- Heart health
- Mental health
- Eye health

To get in touch with nature, you can [\[R\]](#), [\[R\]](#):

- Go on a walk
- Go biking or camping
- Garden
- Visit a park

## How it helps

Spending time in nature can relieve stress and improve overall well-being. It also exposes the skin to sunlight, which may help to reduce psoriatic lesions in some individuals.



40



### Acceptance and Commitment Therapy (ACT)

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

## Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

## How it helps

Acceptance and Commitment Therapy helps by teaching individuals to accept their feelings and thoughts rather than fighting or feeling guilty for them. This can reduce stress and improve mental well-being, which may be beneficial in managing psoriasis symptoms.

41



### Mindfulness-Based Stress Reduction (MBSR)

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE

2 hours

## Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

## How it helps

MBSR is known to reduce stress, which may be beneficial for people with psoriasis, as stress can trigger or exacerbate the condition.

42



Oregon Grape Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Take an Oregon grape supplement in the form of a capsule or liquid extract. The typical dosage ranges from 400 to 750 mg of the extract, three times daily for up to 12 weeks. Always follow the instructions on the product label or consult with a healthcare provider for personalized advice.

TYPICAL STARTING DOSE  
1200 mg

## Description

Oregon grape (*Mahonia aquifolium*), also known as holly-leaved barberry, is a shrub native to North America, and its root extract contains berberine, alkaloids, and flavonoids. Indigenous Americans have used it for centuries to help with digestive and skin issues, as well as infections. Today it used for skin care and to suppor immune function.

## How it helps

Oregon Grape, also known as *Berberis aquifolium*, contains berberine which has anti-inflammatory and antimicrobial properties. This can help to slow down the rapid growth and shedding of skin cells in Psoriasis, providing relief from redness, scaling, and itching.

43



Keto Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Adopt a diet that consists of about 70-80% fat, 10-20% protein, and 5-10% carbohydrates. Eliminate or significantly reduce the intake of sugar and starches like bread, pasta, rice, and potatoes, focusing instead on high-fat foods like meats, fatty fish, eggs, butter, and healthy oils, as well as low-carb vegetables like leafy greens. This dietary pattern should be maintained consistently for a period of at least 3-4 weeks to achieve ketosis, after which it can be adjusted based on individual goals and responses.

## Description

The keto diet is a high-fat, low-carbohydrate eating plan designed to induce a state of ketosis in the body, where it primarily burns fat for energy. It is often used for weight loss and managing certain medical conditions.

The ketogenic diet, or the ‘keto’ diet, is rich in fat and restricts carb intake [\[R, R\]](#).

On the ketogenic diet, 50 g of carbs or less are consumed per day. Around 55-80% of the calories come from fat [\[R\]](#).

The ketogenic diet depletes the body of sugars like glucose. When people fast or eat very little carbs, the body makes less insulin. In response, the body starts using fat for energy.

When the body only uses fat for energy, molecules called ketones are formed. This state is called *ketosis*.

The ketogenic diet may help with:

- Seizures [\[R\]](#)
- Excess weight [\[R\]](#)
- Diabetes [\[R, R\]](#)

## How it helps

A Keto diet may help alleviate psoriasis symptoms by reducing inflammation in the body, as this diet consists of high fats and low sugars that can effectively decrease inflammatory markers. Moreover, weight loss, a common result of a Keto diet, could also contribute to symptom reduction since psoriasis is often more severe in those overweight.

In a non-placebo-controlled trial of 37 overweight or obese patients with stable chronic plaque psoriasis, following a protein-sparing, very low-carbohydrate ketogenic diet for 4 weeks followed by a balanced, hypocaloric Mediterranean diet reduced psoriasis scores, affected body surface area (by 17.4%), and itch severity [\[R\]](#).



44



Pycnogenol

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Take 100 mg of pycnogenol supplement daily. This can be taken in a single dose or divided into two doses of 50 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE

100 mg

## Description

Pycnogenol (pine bark extract) is derived from the bark of the maritime pine (Pinus pinaster). It has been used in traditional n European folk medicine for centuries, and more recently as a supplement. The extract contains a group of bioactive compounds known as proanthocyanidins, which may be beneficial in supporting cardiovascular health, promoting skin health, and aiding in the management of various conditions related to inflammation and oxidative stress.

**Pycnogenol comes from the bark of pine trees that grow in the Mediterranean** [\[R, R\]](#).

It may improve [\[R, R, R, R, R, R\]](#):

- Athletic performance
- Seasonal allergies
- Cognitive function
- Joint health
- Varicose veins

## How it helps

Pycnogenol, a type of pine bark extract, is full of antioxidants which can reduce inflammation, a key factor in psoriasis flare-ups. By helping to regulate the immune system, it can potentially alleviate the severity and frequency of psoriasis symptoms.

45



Cognitive-Behavioral Therapy (CBT)

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

## Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

**Psychotherapy (talk therapy) involves talking about your health with a licensed therapist.** It may improve the way you react to certain experiences [\[R\]](#).

**Talk therapy is a great way to improve many conditions,** including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

**Cognitive-behavioral therapy (CBT)** is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

## How it helps

CBT can help manage the psychological impact of living with psoriasis, such as social anxiety and depression, and may indirectly help to reduce stress-related symptom flare-ups.

46

Topical St John's Wort

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Apply St. John's Wort oil directly to the affected area of the skin three times daily. Continue this application for up to four weeks to see improvements in skin conditions such as minor wounds, bruises, or mild burns.

## Description

St. John's Wort is an herbal extract used topically for its potential anti-inflammatory and wound-healing properties, often applied to soothe minor burns, bruises, and skin irritations. Its main chemical compounds include hypericin and hyperforin, and it is derived from the flowering plant *Hypericum perforatum*.

## How it helps

Applying St. John's Wort topically may help manage psoriasis as it can alleviate inflammation due to its anti-inflammatory properties and also speed up skin healing because of its antioxidant benefits. Additionally, it can help soothe skin, reducing discomfort and redness linked to psoriasis.

47



Dietary Antioxidants

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Incorporate foods rich in antioxidants, such as fruits (berries, oranges, plums), vegetables (spinach, kale, bell peppers), nuts (walnuts, almonds), and seeds (flaxseeds, chia seeds) into your daily meals. Aim for at least 5 servings of fruits and vegetables per day, ensuring a variety of colors to cover different antioxidants.

## Description

Dietary antioxidants are compounds found in foods that help neutralize harmful molecules called free radicals, potentially reducing the risk of oxidative stress-related diseases and supporting overall health. Examples include vitamins C and E, beta-carotene, and polyphenols.

Our cells sometimes produce molecules called **reactive oxygen species (ROS)** [\[R\]](#).

High levels of ROS can cause [oxidative stress](#) and damage our cells. Oxidative stress plays a role in many health conditions, including [\[R\]](#):

- High blood sugar
- Type 2 diabetes
- Heart disease

**Antioxidants are substances that help combat ROS** [\[R\]](#).

Antioxidants are found in many plants. Good sources include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Fruits like tomatoes, berries, and pomegranates
- Vegetables like onions, spinach, and celery
- Chocolate
- Olive oil
- Wine

## How it helps

Antioxidants help combat oxidative stress and may reduce inflammation, offering potential benefits for psoriasis management.



# Next Steps

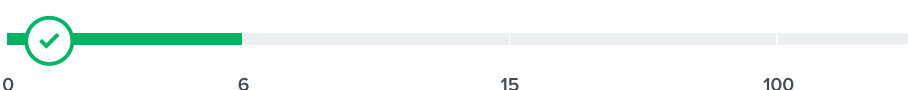
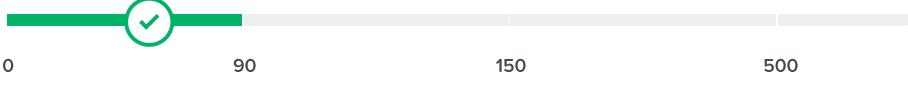
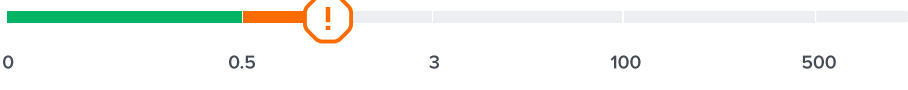
Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

## Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

|                                                                                     |                              |                |                                                                                       |            |
|-------------------------------------------------------------------------------------|------------------------------|----------------|---------------------------------------------------------------------------------------|------------|
|  | ESR                          | 1 mm/hr        |  | 9 Nov 2025 |
|  | WBC                          | 6.92 x10^3/mm3 |  | 9 Nov 2025 |
|  | Zinc                         | 17.12 umol/L   |  | 9 Nov 2025 |
|  | Neutrophils (Absolute)       | 4.8 x10^9/L    |  | 9 Nov 2025 |
|  | Vitamin D, 25-Hydroxy, Total | 58.59 ng/mL    |  | 9 Nov 2025 |
|  | Triglycerides                | 54 mg/dL       |  | 9 Nov 2025 |
|  | hs-CRP                       | 1.6 mg/L       |  | 9 Nov 2025 |