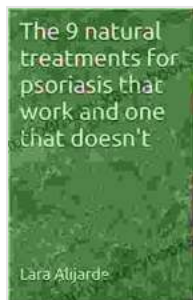


The Natural Treatments For Psoriasis That Work And One That Doesn't



The 9 natural treatments for psoriasis that work and one that doesn't by Som Bathla

★★★★☆ 4.3 out of 5

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Psoriasis is a common skin condition that can cause red, itchy, and scaly patches on the skin. While there is no cure for psoriasis, there are a number of natural treatments that can help to relieve symptoms.

In this article, we will discuss the natural treatments for psoriasis that work and one that doesn't.

Natural Treatments For Psoriasis That Work

There are a number of natural treatments for psoriasis that have been shown to be effective in relieving symptoms. These treatments include:

- **Aloe vera:** Aloe vera is a natural anti-inflammatory that can help to soothe and heal the skin. It can be applied topically to the affected

areas.

- **Apple cider vinegar:** Apple cider vinegar is a natural antiseptic and anti-inflammatory that can help to kill bacteria and reduce inflammation. It can be diluted with water and applied topically to the affected areas.
- **Coconut oil:** Coconut oil is a natural moisturizer that can help to soothe and protect the skin. It can be applied topically to the affected areas.
- **Dead Sea salt baths:** Dead Sea salt baths can help to reduce inflammation and itching. They can be taken twice a week for 15-20 minutes.
- **Oatmeal baths:** Oatmeal baths can help to soothe and moisturize the skin. They can be taken twice a week for 15-20 minutes.
- **Turmeric:** Turmeric is a natural anti-inflammatory that can help to reduce inflammation and itching. It can be taken orally or applied topically to the affected areas.

Natural Treatment For Psoriasis That Doesn't Work

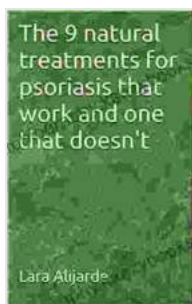
There is one natural treatment for psoriasis that has not been shown to be effective: bleach baths.

Bleach baths are often used to treat skin infections, but they have not been shown to be effective in treating psoriasis. In fact, bleach baths can actually irritate the skin and make psoriasis worse.

There are a number of natural treatments for psoriasis that have been shown to be effective in relieving symptoms. These treatments include aloe

vera, apple cider vinegar, coconut oil, Dead Sea salt baths, oatmeal baths, and turmeric. However, there is one natural treatment for psoriasis that has not been shown to be effective: bleach baths.

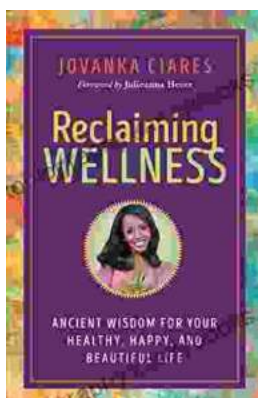
If you are considering using natural treatments for psoriasis, it is important to talk to your doctor first. Your doctor can help you choose the best treatment for your individual needs.



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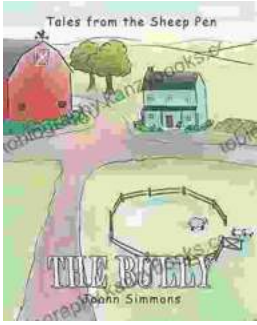
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