



Nutrition In Skin Diseases



► **Anti-inflammatory foods:** When a person with metabolic syndrome, including obesity, is more likely to develop inflammation; This may make the symptoms of psoriasis worse.

Examples of foods that may have anti-inflammatory effects include:

- Fish oil
- Fruits and vegetables
- Nuts and seeds
- Beans
- Fiber

► **Antioxidants and inflammation:** Some researchers believe that some of the nutrients in food have antioxidant properties. This means that they reduce oxidative stress and prevent the production of "free radicals" or reactive oxygen species. Examples of antioxidants include vitamins A, E, and C, and minerals such as iron, copper, manganese, zinc, and selenium.

These vitamins and minerals are found in a variety of plant foods; Like:

- Fruits and vegetables
- Nuts and seeds
- Spices and condiments
- Medicinal plants, including oregano, thyme and sage

► **Vitamin D:** Vitamin D comes from two sources:

- Foods; Like fortified dairy products
- Sun exposure; Because the body produces vitamin D in response to ultraviolet (UVB) radiation.

Getting enough vitamin D from food sources can help.

Sources:

- Oily fish
- Milk, yogurt and cheese
- Egg



► **Acne:** In fact, new research has suggested that strong dietary support is a potential cause of acne. Research has shown the role of specific foods, including dairy, as well as dietary patterns, including the high-glycemic diet commonly found in the Western diet.

The amount of glycaemia consumed by carbohydrates as well as the amount of carbohydrate absorption are important. Foods that have high blood sugar indices such as sugar, white bread and white rice are absorbed quickly and lead to high blood sugar and high insulin levels. Insulin and IGF-1 have been shown to increase skin oil production, stimulate adrenal androgen synthesis, and increase androgen access, all of which play a role in the pathogenesis of acne.

The best foods for healthy skin:

Fish fat , Avocado , Walnut , Sunflower seeds , Sweet potato , Bell pepper , Broccoli , Tomato, Soy , Cocoa , Resveratrol



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Studies have shown that for every unit increase in body mass index (BMI), there is a 9% higher risk of developing psoriasis symptoms.

► **Gluten and celiac disease:** People with psoriasis may also have celiac disease. A person with celiac disease is unable to tolerate gluten (a protein found in wheat, barley and rye).

► Nutrition in skin diseases ◀

For decades, many common skin conditions have been thought to have nothing to do with diet. However, studies have shown that diet may affect different skin conditions. In some cases, dietary interventions may affect the course of skin conditions such as acne. In

others, changing your diet may be a preventative measure, such as skin cancer and skin aging. In others, skin disease may be associated with systemic disease, and dietary changes may affect health outcomes, such as psoriasis. Finally, systemic medications prescribed for skin conditions such as steroids increase the risk of other diseases, and dietary changes can reduce this risk.

► The effect of diet on psoriasis ◀

► **Weight loss:** Researchers have linked psoriasis to a metabolic disorder characterized by obesity and inflammation.



If a person eats gluten-containing foods, he or she is at risk for gastrointestinal symptoms, fatigue, anemia, and many other symptoms.



Consumption of foods that should be avoided

in celiac disease:

- Wheat products
- Brewer's yeast
- Bread
- Corn kernels and other grains
- Many processed foods