

# Psoriasis Treatment

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## PSORIASIS TREATMENT

The guiding word for psoriasis treatment is control, rather than cure. There is currently no known cure for psoriasis. It is an uncomfortable, itchy, sometimes painful condition, often socially embarrassing. Treatment can help but it won't go away entirely.

There are several types of treatment. In using any of them, it is a good idea to have the goal of reducing the psoriasis to a manageable level, rather than clearing it up completely. Taking medications and other treatments to the maximum level increase the chances for side effects. Taking into account the many types of psoriasis, its severity and your personality type, choose the type of treatment that works best for you with the least side effects.

### Psoriasis Treatments

Topical treatments. Topical means they go on top of the psoriasis. Some are centuries old, like coal tar, used today in shampoos for mild cases of scalp psoriasis. Another old one used for scalp psoriasis is Anthralin which comes as an ointment or solution to relieve inflammation and itching. Calcipotriene is a man-made form of vitamin D3 (the vitamin from sunlight); Salicylic acid acts as a "scale lifter," and Tazarotene is a prescription Vitamin A derivative for plaque psoriasis, the most common form. One can also get steroids or "corticosteroids," but note that the over the counter versions tend to be weak and ineffective.

Light treatments or Phototherapy expose your skin to carefully measured amounts of ultraviolet light (UV) These treatments, usually done by a dermatologist, are good for moderate to severe forms of psoriasis. A type of UV treatment is PUVA which combines UV with a photosensitizing agent taken internally or as a bath. The agent makes it possible to use lesser amounts of UV light. There is also laser phototherapy, which administers high-intensity ultraviolet to precise skin areas.

Systemic treatments, like the name suggests, go into the system and affect the system, in other words, the whole body. They are usually used for more severe forms of psoriasis. Systemic treatments are drugs, taken by pill or injection, some of which have serious side effects on the liver and kidneys as well as causing birth defects and anemia. Many affect the immune system--Methotrexate and Cyclosporine are immunosuppressant drugs. Oral retinoids are derived from Vitamin A.

Biologics are newer on the horizon. They are manufactured proteins that interrupt specific aspects of the immune system having to do with psoriasis. They at this time are very expensive and not widely used.

### Treatment For Psoriasis

Natural therapies are successful for some. Since psoriasis is stress related, mind-body therapies that include rest, healthy diet, exercise, relaxation, sunlight, fresh air and water have been known to help. In spas in Turkey and Croatia, a certain type of fish are encouraged to feed on psoriatic skin of clients. One of the best known places where this is done also has a hot spring, which contributes to the treatment.

Some say bathing in sea water is beneficial. Because of the multitude of minerals and life forms found in sea water, it is

difficult to know just what is helping.

## Natural Psoriasis Remedies

Another natural remedy is Oil of Oregano, and there are probably several other herbal remedies.

Ultrabalm is a soothing, healthful skin cream relief that combines Vitamin A, D & E with Lanolin and the finest in Aloe Vera. For more information on these ingredients [CLICK HERE](#). Ultra Balm brings general overall lubrication and health to skin tissues and has been found to be helpful to many psoriasis sufferers.

Here are a few of the many stories from our Ultra Balm users:

"I was instructed by my doctor to apply Ultra Balm to the scars on my hand after surgery to reduce their appearance. I started to rub some into the psoriasis on my knees and elbows (you know, the nasty, thick, flakey skin that sheds like dandruff!) The results were unbelievable! The stuff cleared it up to the point that it no longer looks like it ever existed! Great product!!!! P.S. Absorption appears best when applied right after a daily shower."

.Kopler, Patient

"I have psoriasis. This is wonderful stuff. It instantly stops the itching and your skin feels so much better."

Judy S., Long beach, CA

"I just had to write you and tell you how wonderful Ultra Balm is. I have had psoriasis for 20 years and have tried virtually everything to treat it with, both prescriptions and over the counter creams. But nothing has ever worked, but Ultra Balm. I no longer have Psoriasis on my elbows, palms, feet, or torso, thanks to this product. You can add this to the many things it handles. I am a walking talking advertisement for Ultra Balm. I love it"

L. Honig, Dentist