

Abends Joghurt essen zum Abnehmen: Ist das sinnvoll?

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Is there such thing as psoriasis diet? Can reducing the symptoms of psoriasis be as simple as changing the foods we eat? Let's find out the answer to these questions by checking which foods to eat and avoid if you have psoriasis. While there's no cure for psoriasis, there is some solid evidence that what you eat can often help improve the condition. The research published in the Journal of Investigative Dermatology found that eating a more balanced diet can improve gut health and decrease skin inflammation. So when you eat foods that are rich in sugar and fat, it creates an imbalance in the gut microbiome and makes inflammatory skin conditions worse. But when you switch to a healthy, balanced diet, it helps restore the gut's health and reduces inflammation. What foods should you avoid with psoriasis? #1 food to avoid is dairy. Many dairy products are high in fat, which can lead to inflammation. One survey reported that one of the most common food triggers participants chose to remove from their diets was dairy because that triggered their psoriasis. #2 foods to avoid are the ones that contain gluten. Gluten is a protein found in some grains like wheat and barley. Loads of people with psoriasis say that reducing gluten in their diet lessens their flare-ups. #3 foods to avoid are processed foods. Chemically processed foods have little nutritional value and only contain refined ingredients and artificial substances. Such foods are associated with an increased risk of multiple chronic diseases, such as diabetes, heart disease, and autoimmune conditions. [Other Videos Recommended For You: Top 5 Foods That DESTROY Your Immune System https://youtu.be/rp8rYNA2pK4](#) [Benefits of Intermittent Fasting https://youtu.be/8IANstd74f0](#)

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8

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Psoriasis Treatment and Diet: Foods to Eat and Avoid



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