CAN A DIET CLEAR PSORIASIS?

IN A 2025 TRIAL, NEARLY HALF IMPROVED 75%.

47% of people on a 16-week Mediterranean diet saw their psoriasis improve 75%, vs. none on standard low-fat advice (randomized, 38 people on steady skin creams).

Perez-Bootello et al. · JAMA Dermatology · 2025 [1]

WHAT DID THEY CHANGE?

- **A Mediterranean diet for 16 weeks**
- **Kept their usual skin creams**

Mediterranean, not fully plant-based.

WHAT SHOULD YOU ASK YOUR DOCTOR?

1. **Could changing my diet help my skin and joints?** [1,2]
2. **If I lose weight, could my treatment work better?** [3,4,5]
3. **Could cutting back on salt help?** [6]
4. **If I improve, could we talk about lowering my medication?** [2]

48% drop in psoriasis severity with 20 weeks of diet and exercise, vs. 25.5% with advice only (randomized, 303 overweight people on treatment).

Naldi et al. · British Journal of Dermatology · 2014 [7]

! **Work with your doctor, not around them. Never stop a medication on your own.**

BOTTOM LINE Food can move psoriasis. Mediterranean diet and weight loss have trial proof; plant-based eating looks promising.

MORE OF THE EVIDENCE

- In a 2025 randomized trial of 38 people with mild to moderate psoriasis on steady skin creams, 9 of 19 (47%) on a 16-week Mediterranean diet saw a 75% improvement, vs. none on standard low-fat advice. [1]
- In a randomized trial of 303 overweight people with psoriasis on treatment, 20 weeks of diet and exercise cut severity by 48%, vs. 25.5% with advice only. [7]
- In 41 people with psoriatic arthritis and obesity on steady drugs, a very low-calorie diet (41 pounds lost) raised minimal disease activity from 29% to 54%. On TNF blockers, more weight loss meant better results. [4,3]
- Case reports: a woman with psoriatic arthritis went whole-food, plant-based and stopped methotrexate. In a case Dr. Greger highlights, psoriasis covering 40% of a woman's body cleared within a year on a plant-based diet. [2,8,9]
- Salt: more sodium in the diet and in the skin was linked to more psoriasis and psoriatic arthritis. Low-salt diets have not been tested yet. [10,6]

Keep in mind: Single cases are not proof. Psoriasis experts advise diet changes alongside medical treatment.

WE TAKE ZERO PRESCRIPTIONS.

That's our choice, not a rule for you. Some prescriptions save lives, like antibiotics for an infection. If you are not changing your diet, stay on the medications your doctor prescribes. If you go plant-based, keep up with your blood work. That way your doctor can safely reduce your medications or take you off them altogether.

I'm not anti-medicine. I'm pro-health.

Don't take my word for any of this. Check it with your favorite AI, read the original studies, then bring them to your doctor.

NOTES FROM MY APPOINTMENT

DATE AND DOCTOR

WHAT WE AGREED TO TRY

WHEN WE WILL RECHECK

SOURCES

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