# 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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[9] Greger M. NutritionFacts.org video, 2020. Anti-Inflammatory Diet for Lupus (includes the psoriasis case). https://nutritionfacts.org/video/anti-inflammatory-diet-for-lupus/

[10] Maifeld A, et al. Journal of Investigative Dermatology, 2022. Skin sodium accumulates in psoriasis and reflects disease severity. https://pubmed.ncbi.nlm.nih.gov/34237339/

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