

Evidence regarding acupuncture treatment and psoriasis



More than 7.5 million Americans have psoriasis, an autoimmune disorder that can be frustrating and painful. A study from UCLA found that acupuncture cleared psoriasis flares in half the people in the study and improved symptoms in an additional 25 percent of patients. Jamie Starkey, LAc, is the lead acupuncturist at the Center for Integrative Medicine at the Cleveland Clinic's Wellness Institute and says that because psoriasis is an autoimmune disease, acupuncture is a safe alternative that can help psoriasis as well as other autoimmune disorders. Acupuncture is unlikely to interfere with other psoriasis

treatments and can be added to a treatment plan. If you or someone you know is suffering with psoriasis, contact an acupuncturist for effective, alternative treatment!

Source:

<http://www.everydayhealth.com/psoriasis/can-acupuncture-help-your-psoriasis.aspx>