

What is Psoriasis?

An autoimmune condition that causes skin cells to grow faster than usual

Common symptoms of Psoriasis

Patchy & Peeling Rash

A patchy or peeling rash that varies widely from one individual to another, ranging from patches of dandruff-like scaling to major eruptions over much of the body.

Coloured Rash

Rashes may also vary in colour depending on skin tone, tending to be shades of purple with gray scale on brown or black skin, and pink or red with silver scale on white skin.



Itching & Soreness

Incessant Itching, burning or soreness of the inflamed area.

Scales & Plaques

Scaly skin (most commonly seen in children) or raised plaques typically on elbows, knees, lower back and scalp.

Dry Skin

Dry, cracked skin that may bleed when irritated or inflamed and lead to infection.

About Psoriasis

Affecting skin, scalp, nails and joints areas such as knees and elbows

Psoriasis is a skin disease triggered by a rapid turnover of skin cells that causes a rash with itchy, scaly patches, most commonly on the knees, elbows, trunk, scalp and nails. It is a long-term (chronic) disease with no cure and the severity varies greatly from person to person ranging from a minor irritation to having a big impact on quality of life. It can be painful, interfere with sleep and make it hard to concentrate. The condition tends to go through cycles, flaring for a few weeks or months, then subsiding for a while. Common triggers in people with a genetic predisposition to psoriasis include infections, cuts or burns, and certain medications.

UK Statistics

Affecting men, women and children equally

Psoriasis affects around 2 in 100 people in the UK. It can start at any age, but most often develops in adults between 20 and 30 years old and between 50 and 60 years old. It affects men and women equally.

Diet & Nutrition

Diet and Lifestyle support for Psoriasis

There are many ways to support psoriasis with a personalised nutrition and lifestyle approach. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms. Although there is no singular treatment for psoriasis it can be successfully supported with dietary and lifestyle recommendations to manage frequency and severity of flare ups

