

## evidence-based resources

### Psoriatic Disease

**“Anti-Inflammatory Dietary Tips.” National Psoriasis Foundation, May 2018.**

- [https://www.psoriasis.org/sites/default/files/antiinflammatory\\_tips\\_fact\\_sheet.pdf](https://www.psoriasis.org/sites/default/files/antiinflammatory_tips_fact_sheet.pdf)

**“Comorbidities.” National Psoriasis Foundation, May 2016.**

- [https://www.psoriasis.org/sites/default/files/comorbidities\\_fact\\_sheet.pdf](https://www.psoriasis.org/sites/default/files/comorbidities_fact_sheet.pdf)

**“Enthesitis.” National Psoriasis Foundation, June 2017.**

- [https://www.psoriasis.org/sites/default/files/enthesitis\\_fact\\_sheet\\_2.pdf](https://www.psoriasis.org/sites/default/files/enthesitis_fact_sheet_2.pdf)

**“Gluten-Free Diet.” National Psoriasis Foundation, May 2018.**

- [https://www.psoriasis.org/sites/default/files/gluten-free\\_fact\\_sheet\\_1.pdf](https://www.psoriasis.org/sites/default/files/gluten-free_fact_sheet_1.pdf)

**“Nutrition and Psoriatic Disease.” National Psoriasis Foundation, May 2018.**

- [https://www.psoriasis.org/sites/default/files/understanding\\_psoriatic\\_disease\\_and\\_nutrition.pdf](https://www.psoriasis.org/sites/default/files/understanding_psoriatic_disease_and_nutrition.pdf)

**“Omega-3 Fatty Acids.” National Psoriasis Foundation, May 2018.**

- [https://www.psoriasis.org/sites/default/files/omega-3\\_fatty\\_acids\\_fact\\_sheet\\_0.pdf](https://www.psoriasis.org/sites/default/files/omega-3_fatty_acids_fact_sheet_0.pdf)

**“Psoriasis.” Mayo Clinic, March 2018.**

- <https://www.mayoclinic.org/diseases-conditions/psoriasis/symptoms-causes/syc-20355840>

**“Psoriasis.” National Institute of Arthritis and Musculoskeletal and Skin Diseases, National Institutes of Health, March 2017.**

- <https://www.niams.nih.gov/health-topics/psoriasis>

**“Psoriasis.” National Psoriasis Foundation, October 2017.**

- [https://www.psoriasis.org/sites/default/files/psoriasis\\_fact\\_sheet\\_0.pdf](https://www.psoriasis.org/sites/default/files/psoriasis_fact_sheet_0.pdf)

**“Psoriasis.” Pharmacotherapy: A Pathophysiologic Approach. McGraw Hill Education, 2017.**

**“Psoriatic Arthritis and Physical Activity.” National Psoriasis Foundation, April 2016.**

- [https://www.psoriasis.org/sites/default/files/psoriatic\\_arthritis\\_and\\_physical\\_activity\\_fact\\_sheet.pdf](https://www.psoriasis.org/sites/default/files/psoriatic_arthritis_and_physical_activity_fact_sheet.pdf)

**“The Immune System and Psoriatic Disease.” National Psoriasis Foundation.**

- <http://www.psoriasis.org/research/science-of-psoriasis/immune-system>

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**“Triggers.” National Psoriasis Foundation, June 2018.**

- [https://www.psoriasis.org/sites/default/files/triggers\\_fact\\_sheet\\_2.pdf](https://www.psoriasis.org/sites/default/files/triggers_fact_sheet_2.pdf)

**“What is Psoriatic Arthritis.” National Psoriasis Foundation, June 2017.**

- [https://www.psoriasis.org/sites/default/files/psoriatic\\_arthritis\\_fact\\_sheet\\_1.pdf](https://www.psoriasis.org/sites/default/files/psoriatic_arthritis_fact_sheet_1.pdf)

**Crane, Margaret. “How Does Your Diet Affect Psoriasis?” National Psoriasis Foundation, February 2018.**

- <http://www.psoriasis.org/advance/national-survey-maps-influences-diet-psoriasis>

**Frellick, Marcia. “Dietary Changes Can Lessen Severity of Psoriatic Disease.” Medscape, June 2018.**

- <http://www.medscape.com/viewarticle/898495>

**Holland, Kimberly. “Everything You Need To Know About Psoriasis.” Healthline, Healthline Media, 2019.**

- <http://www.healthline.com/health/psoriasis>

**Suszynski, Marie. “8 Foods That Affect Psoriasis.” EverydayHealth.com, December 2017.**

- <http://www.everydayhealth.com/psoriasis/diet/foods-that-affect-psoriasis/>