

# Healing Arthritis And Psoriasis By Restoring The Microbiome



## The Keystone Approach: Healing Arthritis and Psoriasis by Restoring the Microbiome by Rebecca Fett

★★★★☆ 4.6 out of 5

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Arthritis and psoriasis are two common chronic conditions that can have a significant impact on your quality of life. While there is no cure for either condition, there are a number of things you can do to manage your symptoms and improve your overall health.

One of the most important things you can do is to restore the balance of your microbiome. The microbiome is the community of trillions of bacteria, viruses, and other microorganisms that live in your body. These microorganisms play a vital role in your health by helping to digest food, fight off infections, and regulate your immune system.

When the microbiome is out of balance, it can lead to a number of health problems, including arthritis and psoriasis. Research has shown that

people with arthritis and psoriasis have different types of bacteria in their gut than healthy people.

By restoring the balance of your microbiome, you can help to reduce inflammation, improve your immune system, and alleviate symptoms of arthritis and psoriasis.

## **How to Restore the Microbiome**

There are a number of things you can do to restore the balance of your microbiome. Some of the most effective methods include:

- Eating a healthy diet
- Taking probiotics
- Getting regular exercise
- Reducing stress
- Getting enough sleep

### **Eating a Healthy Diet**

The foods you eat have a major impact on the composition of your microbiome. A healthy diet for restoring the microbiome includes plenty of fruits, vegetables, and whole grains. These foods are rich in fiber, which is important for feeding the good bacteria in your gut.

You should also avoid processed foods, sugary drinks, and unhealthy fats. These foods can disrupt the balance of your microbiome and lead to inflammation.

### **Taking Probiotics**

Probiotics are live bacteria that can help to restore the balance of your microbiome. Probiotics are found in fermented foods such as yogurt, kefir, and sauerkraut. You can also take probiotic supplements.

Studies have shown that probiotics can help to reduce inflammation, improve immune function, and alleviate symptoms of arthritis and psoriasis.

### **Getting Regular Exercise**

Regular exercise is another great way to restore the balance of your microbiome. Exercise helps to increase the diversity of bacteria in your gut and can also reduce inflammation.

Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

### **Reducing Stress**

Stress can have a negative impact on your microbiome. When you're stressed, your body releases hormones such as cortisol, which can disrupt the balance of your microbiome.

There are a number of things you can do to reduce stress, such as:

- Exercising regularly
- Getting enough sleep
- Spending time in nature
- Practicing relaxation techniques such as yoga or meditation

## Getting Enough Sleep

When you don't get enough sleep, your body doesn't have enough time to repair itself. This can lead to inflammation and other health problems.

Aim for 7-8 hours of sleep each night.

By restoring the balance of your microbiome, you can help to reduce inflammation, improve your immune system, and alleviate symptoms of arthritis and psoriasis. The tips in this article can help you get started on your journey to a healthier microbiome.

If you're interested in learning more about the microbiome and its role in health, I encourage you to check out the following resources:

- The Microbiome and Its Role in Health and Disease
- The Microbiome and Human Health
- The Microbiome: The Tiny Microbes That Rule Our Bodies



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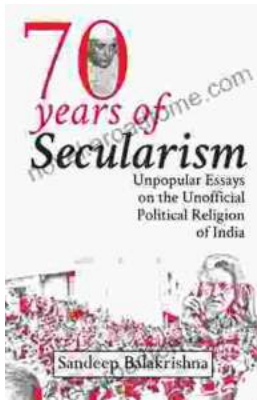
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