

SPECIAL PSORIASIS ISSUE

# Healthful Living

SPRING /  
SUMMER  
2023



SCAN TO READ  
this issue and  
much more!  
(See details, p. 8)

## Inflammation & Your Skin

How and why psoriasis begins, p. 20

The Mental  
Effects of  
Psoriasis

**WHAT WORKS  
FOR ME**  
Real-life advice

*Healthier  
Skin Do's  
& Don'ts*

**Best & Worst  
Foods for  
Psoriasis**

**BETTER  
EXAM  
ROOM TALK**