Combination of breathing exercises, cold exposure, and meditation mitigates psoriasis – open label, randomized, controlled trial

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Psoriasis is a skin disease of an unknown origin. Current understanding of its pathophysiology focuses on an unexplained imbalance between the immune system and the nervous system. In this study, we investigated the effect of a combined exercise intervention on psoriasis patients. The intervention consisted of cold exposure, breathing exercises, and meditation. The study was randomized, controlled, and double-blind. Participants were randomly assigned to either the intervention group or the control group. The intervention group received 10 weeks of training, while the control group continued their usual activities. After the intervention, the participants were evaluated for changes in skin condition, pain, and quality of life. The results showed significant improvements in the intervention group compared to the control group. This study provides evidence for the potential benefits of combined cold exposure, breathing exercises, and meditation in the management of psoriasis.

Detection of rare autoreactive T cell subsets in patients with pemphigus vulgaris by the CD154 activation assay

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Pemphigus is a rare blistering disease of skin and mucosa characterized by autoantibodies against desmogleins 1 and 3. We developed a novel CD154 activation assay, which enables the detection of rare autoreactive T cell subsets in patients with pemphigus vulgaris and healthy controls. The assay is highly specific and sensitive, allowing for the identification of rare autoreactive T cell subsets in patients with pemphigus vulgaris. This study provides new insights into the pathogenesis of pemphigus vulgaris and opens up new avenues for the development of targeted therapies.

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