

Doctor Fish for Treatment of Skin Diseases

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Garra Rufa Obtusa, also referred to as **Doctor Fish**, is a special species of fish, found in northern and central parts of the Middle East. In countries like Turkey, people have started breeding them artificially, in giant basins, and use them to **treat severe skin diseases**. The small fish can survive in waters as hot as 43 degrees Celsius and love to feed on dead tissue. The little miracle workers aren't fed, so when patients dip their sick limbs into the water, they act like a pack of gentle piranhas, nibbling with their gummy mouths.



Doctor Fish aren't recognized as a cure for Psoriasis, although there have been cases of complete healing following a treatment at a Doctor Fish Spa, but they do help improve

the condition of the patients, at least temporarily. The fish eat away the red, scaly spots on the patients' bodies and the mineral water helps the healing process. Thousands of patients travel to Doctor Fish Spas, like the one in Kangal, Turkey, and spend 21 days being eaten alive by the *Garra Rufa Obtusa*, in two daily four-hour sessions.



Doctor Fish cosmetic facilities have become very popular recently, and you can find them in countries like Japan, Malaysia or China. After all, Doctor Fish are a lot healthier than a chemical exfoliation.

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