



Story by **Linda Redeffer** | Photo by **Fred Lynch**

ULTRAVIOLET *rays*



Chris Kitchen suffered for a year before a doctor diagnosed her with psoriasis. The disease started on the Cape Girardeau woman's feet and hands, then spread to her torso, getting progressively worse. And it can be brought on

by stress and trauma, she says.

Earlier this year, Kitchen sought a new treatment at a new business called Healing Rays, and after three weeks began noticing improvement.

Healing Rays, at 2909 Independence St., opened early in January to help people who have tried topical and other treatments without success and want to try one more option before going on to the more painful injections or intravenous therapy.

Owner Marcia Schlueter said she noticed some of her customers at her local tanning business sometimes found relief from psoriasis and eczema symptoms after several tanning sessions. Some of her tanning customers told her that their doctors suggested they take short tanning sessions, that the variety of ultraviolet light in tanning booths, called UVB, might benefit them. So she did some research and found the National Psoriasis Foundation, which recommends UVB light treatment, and a connection.

"I've always preached tan in moderation; get a light, base tan to keep from burning and don't tan every day," Schlueter said.

For Kitchen, each dose takes usually about 10 minutes, Kitchen said, and the treatment is a pleas-

Patsy Jean Eaker sat for a 10-second, narrow band UVB light treatment for psoriasis on her left hand and both feet at Healing Rays.