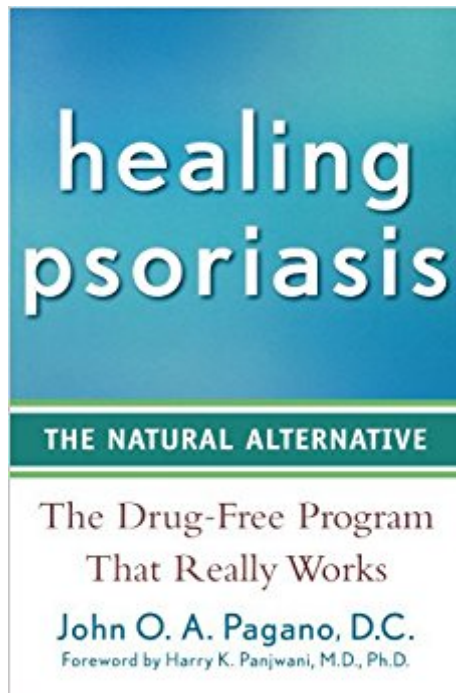




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# Healing Psoriasis: The Natural Alternative



## Synopsis

A leading researcher shares natural remedies for psoriasis According to the National Psoriasis Foundation, at least seven million people in the U.S. and more than 100 million worldwide suffer from this chronic skin disease. This book outlines Dr. Pagano's natural, drug-free treatment regimen that can alleviate, control, and even heal psoriasis without steroid creams, tar baths, injections, or ultraviolet treatments. Healing Psoriasis outlines a healthy diet and lifestyle and includes case histories, photos, recipes, and a chapter on eczema.

## Book Information

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## Customer Reviews

After 20+ years of struggling with this disease, the answers are in this 1 book. Results were quick and dramatic. -- Reader from North Carolina, 1/28/00 Many patients who suffered for decades are now provided with evidence that this holistic approach is of great value. -- Pathways, Book Review, Oct, 1991 My husband is 99% clear now. It was tough at first but the results are so worth it. -- Reader in Midwest, USA -- This text refers to an out of print or unavailable edition of this title.

Say goodbye to the pain, scales, itching, and self-consciousness -- naturally No more drugs, steroid creams, tar baths, or ultraviolet treatments! Now there is another way to achieve a cure. In Healing Psoriasis, you'll discover how to alleviate, control, and even heal this agonizing condition without dangerous drugs or treatments. This life-altering guide presents a proven, all-natural, safe, and healthy program for healing psoriasis. In simple, straightforward language, Dr. John Pagano

explains why psoriasis must be viewed from the inside out; reveals the importance of diet, detoxification, and mental attitude in overcoming the disease; and offers a clear, step-by-step regimen that has helped many people worldwide win their battle with psoriasis. Complete with revealing case studies, extraordinary before-and-after photos, and helpful recipes, this book is the resource you need to find freedom from psoriasis – at last!

I got psoriasis and arthritis. ..get this book...it will change your life. .. Also read on vitamin D3 and Vitamin K2 for the arthritis. ..I do 50,000 iu on D3 and 500mcg on K2 it helps with pain..lower your insulin by doing Ketogenic diet and fasting....I have learn that I can control my psoriasis. .Am not scare of it anymore....

I got some new information out of this book. I got the Pine Bark Extract but found a blend of polyphenols with grapeseed extract and green tea through Piping Rock website and saved money with the online discount. I also started the slippery elm bark drink and love to use Sweet Almond Oil. It has Vit K along with E and that really has made things better. Last, I did not realize that skin cells were not mature and if we scratch, it will bleed. Keep your hands off!!

I think Dr Pagano's book is great. I'm seeing improvment in a month on a weird skin problem similar to psoriasis. The core demonstrating that a reaction to nightshades being the underlying problem whether it be allergic- auto immune or low tolerance to poison from solanine from the nightshades. The bottom line a very strong connection to nightshades and that his program appears effective in most and only one major side effect of pizza withdrawl. I find the critics very amusing ( we will always have critics ) one saying no studies not verifiable. This is the flat world logic that the world was always flat until the day it was proven round. Same school says vitamin c does not cure scurvy but the day it was proven that some miracle happened on that day and vitamin c now cures scurvy. They have trouble grasping the premise that vitamin c cured scurvy before it was proven and after it was proven and most people don't have another 50 years to wait with disease when something maybe promising. Animals in the wild do not get our diseases until domesticated and eat our diets until people realize this we will continue to be sick. I thank Dr Pagano for his great contribution

I've had psoriasis my entire life. It had been getting worse and worse lately. I have avoided any systemic medications because the side effects are all so scary. It had finally gotten so

bad, however, covering my knees, elbows, and abdomen, that I went to my doctor to talk about a new medication that came out (Otezla) that works slightly differently and was no so scary sounding. She was enthusiastic but warned that the insurance company probably wouldn't pay for it until I tried all the others first. She was right. I was still not willing to try the others though. Then I stumbled on this book in a blog somewhere and decided to give it a try. I had tried the paleo auto-immune protocol which helped somewhat but never cleared my skin up entirely. I read the online preview and started the diet protocol while waiting for the book to arrive. The book mentions that patience is required and it can take 3-4 months to see any changes. For me they were immediate. For the first week my energy was very low but now it is better than ever, staying level throughout the day to the point that I have cut out caffeine as well and feel no need for it. Basically there is no reason not to try what is suggested in the book. It's a very healthy diet for pretty much anyone, regardless of whether or not they have psoriasis.

About 5 years ago I started to develop psoriasis on my finger tips that slower progressed down my hands, but at the time my dermatologist believe that it was eczema and not psoriasis. I had never had an issue with either of these growing up before this all started at the age of 30. After 3 frustrating years of creams, lotions, pills, and UV ray treatments that seemed to do nothing and the what was believed to be eczema continued to spread down my hands I visited another dermatologist who mentioned that it might be psoriasis but her only suggestion was to take methotrexate as a way to help manage it. I even did a skin patch test that came up mostly negative, and also did visited a holistic doctor who did a blood test to determine what foods might be causing a problem, and I later realized the test missed the eventual cause. Not knowing that it was a steroid that started to drain me of energy as we up the dosage and it started to freak me out that it's original use was for some forms of cancer. After about 2-3 months of the drugs and researching psoriasis instead of eczema, I did a google/ search for natural healing which slowly lead me to this book. After reading through the book in 5 days I quickly realized what had caused my issue to develop.... Night Shades and more specifically peppers!! I had never eaten peppers up until about 6-8 months before this all developed and in the book Dr. Pagano points out that peppers can be poisonous to certain people, and in my case I was eating almost 1 bell pepper a day. After one final flare up before finishing to book because I had eaten something spicy in all my meals, I cut out peppers from my diet completely and have avoided other nightshades. I'm happy to say that now after almost 15 months, my hands are about 75% healed and have had only minor irritation since cutting them out. It's been a long process because we use our hands for everything and I'm pretty active on a daily

basis which can damage the new skin. Overall, I would suggest any one who has psoriasis to read this book and really examine what you put in your body because something that might seem healthy can cause damage.

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