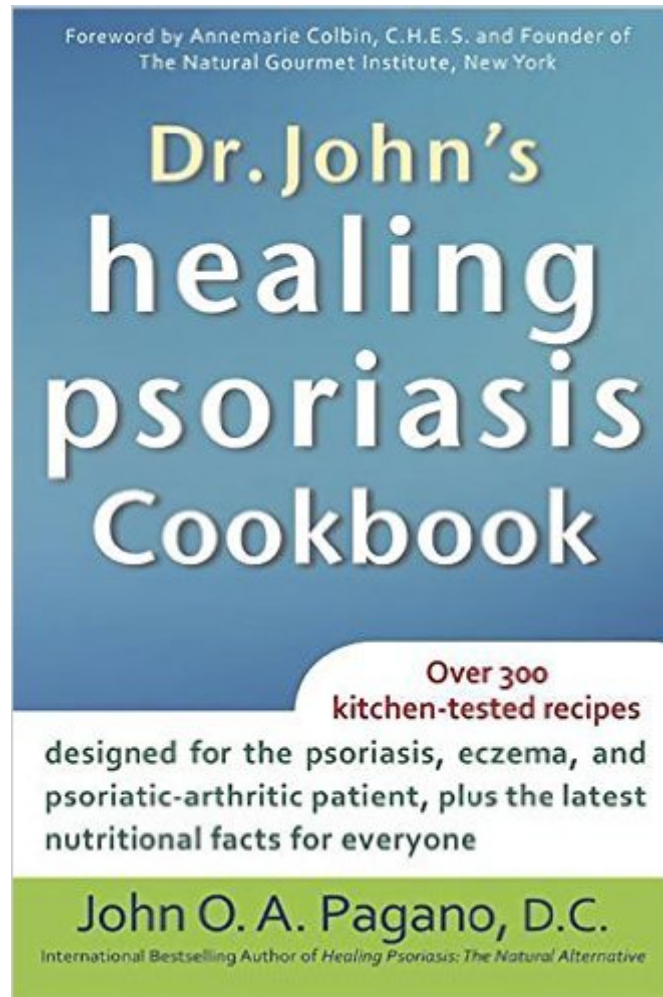


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# Dr. John's Healing Psoriasis Cookbook



## Synopsis

Over 300 kitchen-tested recipes designed for the psoriasis, eczema, and psoriatic-arthritic patient, plus the latest nutritional facts for everyone! Â Foreword by Annemarie Colbin, C.H.E.S. and Founder of The Natural Gourmet Institute, New York Â Statistics show that more than 100 million people worldwide suffer from the chronic skin disease psoriasis. In his first book, HEALING PSORIASIS: The Natural Alternative, Dr. Pagano presented a report of his natural, drug-free treatment regimen that has alleviated, controlled, and even healed psoriasis without the use of steroid creams, tar baths, injections, or ultraviolet treatments. Dr. John's Healing Psoriasis CookbookÂ is the companion book to Healing Psoriasis. The cookbook consists of three parts: Part I - Basic Principles - gives technical data which includes the six principles behind the regimen: 1) Detoxification; 2) Diet and Nutrition; 3) Herb Teas; 4) Spinal Adjustments; 5) External Applications; and 6) Right Thinking Part II - The Recipes - consists of over 300 original recipes specifically designed for the psoriatic patient Part III - Eye on Nutrition - is loaded with general nutritional information and advice good for all readers. There is also a helpful Color Photographic Portfolio of case histories which give undeniable proof of the efficacy of the Pagano regimen.

## Book Information

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Diseases & Physical Ailments > Skin Ailments

## Customer Reviews

this cookbook is amazing and a total life changer. I had unbelievable results in under two weeks. I am a believer! however, when I saw this book with the new publish date and title, I thought, new book. it isn't. the older addition is identical.was so looking forward to new recipes.

I was told I was one of the worst cases ever seen by my doctor. I spent over ten years taking methotrexate and the doctors asked me to start taking injections. I bought this book instead and followed the diet and in three months my skin was mostly clear. I would recommend this book to every Dermatologist in the country and absolutely to every Psoriasis sufferer.

All of Dr. John Pagano's books are excellent. Have been using them to heal severe Psoriasis and am seeing progressive improvement of a medically pronounced "incurable" condition. The cook book includes the basic treatment info as well as the recipes and menu plans that simplify a change in lifestyle and make it easier to accomplish. And.....this dietary plan works for many other auto-immune conditions and other diseases that originate in the gut. Enlightening, empowering and encouraging.

This book is amazing! Literally wverything you need to know and do to cure psoriasis . I have been doing exactly what dr pagano says in this book and it's been 9 weeks today and my psoriasis is 90% better and almost gone completely . I hAd it all over my scalp and ears and legs and it is virtually gone. It's so light in color you can hardly see it and it doesn't itch! I feel better and look better. I have had psoriasis for 17 yrs and now for the first time ever after having tried everything, every topical cream and diet regimen , it is nearly gone! Get this book and follow what he says and you will be healed too!

I am so very thankful for this book coming my way. I have psoriasis and this is the best health minded view of this situation. Dr. John Pagnano has followed Edgar Cayce's request to continue researching health issues. This book is so very clearly written and easy to understand and follow. The products are easy to find. If you are tired of trying all the stuff that doesn't work and are willing to change and do some things a little bit differently - this is the book for you. It is not a cake walk but then what is? Please consider reading this book for your own health. Don't see it as just a bunch of hard stuff to do - see it as perhaps a new way to enjoy and live your life. We already are different than others because of our psoriasis so why not be different in a positive uplifting way by doing these things Dr. Pagnano suggests and have our difference now be our radiant health!!!!

I am disappointed! I read his book Healing Psoriasis full of so much good advice and it has helped my husband so much. Yes, we have had to make some big diet changes to help him with his

Psoriatic Arthritis and my son with his Eczema, but it works if you follow the advice in the book. The problem with this cookbook is most of the ingredients are ones you are NOT allowed to have, so I have to figure out substitutes. Why buy a cookbook you have to alter to make work when I have plenty of cookbooks on my shelf I can do that with? Plus there are tons of recipes on the web if you search for nightshade free. I was hoping this cookbook would be full of recipes following the guidelines in his book and too many of them don't. So, this cookbook is pretty much worthless to me.

Open your eyes and read this book. This information will help you change yourself, it will help you heal yourself. I never knew I was doing myself so much harm. Thanks to Dr. John and the A.R.E. (i.e. Edgar Cayce).

I have had psoriasis since I was 8, although it was very little on my leg and elbows and it didn't itch. I am now 42 and psoriasis started to flare up all over my body, due to bad food intake, and obviously I tried the usual steroids which didn't work. So I had the book "Healing Psoriasis: Natural way" by Pagano, for a long time 10years+ gathering dust. Well I un-dusted it and I followed the diet. After, 4 months the psoriasis virtually cleared up. Its amazing after all these years of having this condition.. all it took was 4 months of discipline on what you eat. All I can say is thank you Dr John Pagano for writing this and your dedication towards this condition.

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