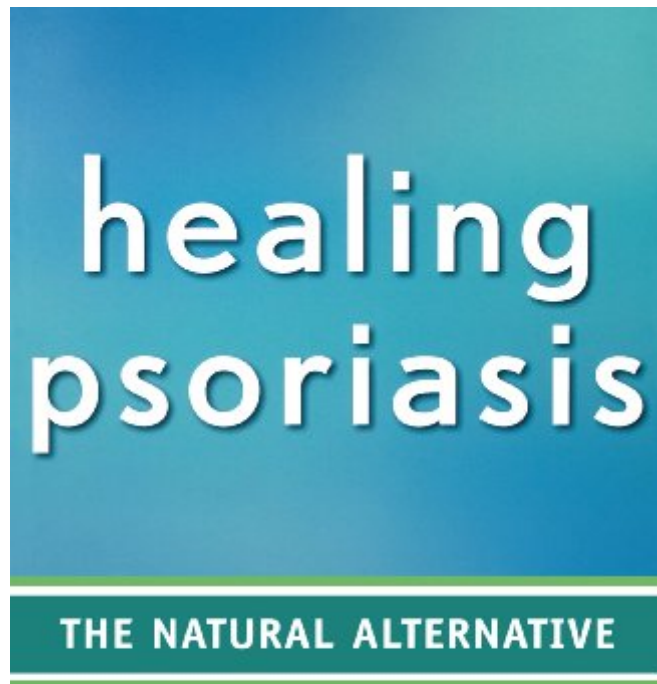


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# Healing Psoriasis: The Natural Alternative



The Drug-Free Program  
That Really Works

John O. A. Pagano, D.C.

Foreword by Harry K. Panjwani, M.D., Ph.D.



## 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.

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## Customer Reviews

I came across this book by a (so-called) fluke although in reality--it is a timely answer to a 32 yr-old prayer. I read the book with great enthusiasm because my current doctor had put me on an elimination diet to detoxify my liver. No sooner had he done this than my skin began to clear up. When I read this book, the author says that many people initially find relief to psoriasis when their doctors put them on elimination diets for other reasons. Thus the undisputable proof that diet and nutrition have everything to do with your health. When I finished the book, I gave it to my doctor who

was extremely open to its suggestions. We immediately put 2 or 3 of the book's suggestions to work in addition to what I was already doing. Even though we are in the middle of winter (the worst time of year for the psoriasis), my skin continues to clear and is soft and supple. I have since told everyone I know who suffers with this skin disorder, about this book. Please, please--give this book a chance. Improvements are generally noticed within 6-8 weeks. You need to give your skin a chance to heal underneath and then make its way to the surface where you will eventually see it. The first thing I noticed was that it stopped spreading! Diet is rather strict while the skin is healing--then you can play around with what works for you and more importantly, what doesn't. In the meantime, stop eating tomatoes, white potatoes, eggplant, peppers of any kind (except black pepper), vinegar and alcohol--and if you smoke, either quit or cut down to 3-4 cigarettes a day. Tobacco is a "nightshade" and exceptionally toxic to the psoriasis. Increase your fruits and vegetables. No red meat (including pork).

I had psoriasis for over 25 years, mainly it was on my elbows and one knee. In the last couple years I developed a patch on my right leg, about 3 inches wide and 7 inches long. About April of last year, 2003, my psoriasis began getting worse. I had been to dermatologists and doctors on occasion over the years, but none helped my condition. My brother has had a severe case of psoriasis for many years and has tried many treatments to no avail. My case wasn't real severe, so I just lived with it. I began researching on the internet about more natural psoriasis treatments when I ran across Dr. Pagano's book, people who had written about it. It made sense to me because no ointments, creams or any external treatments seemed to help anyone that I had read about except for maybe a temporary clearing or partial clearing of symptoms. So I began to follow the diet as best as I could following what I had read on the internet about the diet contained in the book. After about 3 weeks I ordered the book thru . My psoriasis totally cleared up within 2 months of following the diet very closely. I didn't do the enemas, but had one colonic, which I decided never to do again. My problem was, my skin became VERY itchy and red. My psoriasis was gone, but it seemed I developed eczema. I was under lots of torment and would take a hairbrush to bed to brush my legs as they itched so bad. I would brush them until they hurt so I could sleep. My arms also itched and were red as well as my neck. This continued on for 5 months while I followed the diet pretty close, my wife was so very patient to make sure the meals we had were closely following the diet. I drank about a gallon of filtered water a day.

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