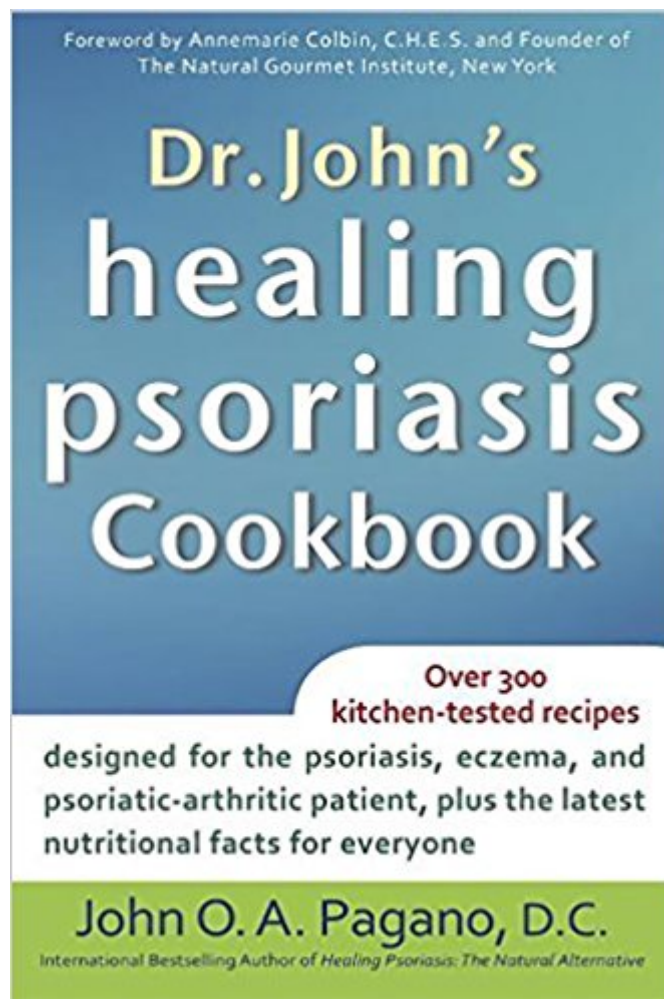


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# Dr. John's Healing Psoriasis Cookbook



## Synopsis

Over 300 kitchen-tested recipes designed for the psoriasis, eczema, and psoriatic-arthritic patient, plus the latest nutritional facts for everyone! **Foreword by Annemarie Colbin, C.H.E.S. and Founder of The Natural Gourmet Institute, New York** 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 Cookbook** 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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## Customer Reviews

"This valuable cookbook is the indispensable companion to Dr. Pagano's **Healing Psoriasis: The Natural Alternative!**"  
• Andrejs V. Strauss, MD, Department of Radiation Oncology, Beebe Medical Center, Lewes, DE  
"Dr. Pagano has provided a

new perspective in the management of psoriasis – one that justifies serious consideration by the scientific community. – Harold Mermelstein, MD, Dermatologist, New York, NY

Fifty years ago, when Dr. John Pagano started his Chiropractic practice, there was no medical cure for psoriasis - orthodox treatments at best alleviate symptoms. However, Dr. Pagano has achieved remarkable results with psoriasis patients in a completely natural way because he approaches the disease "from the inside-out" rather than "from the outside-in" using only methods that fall within his scope of practice as a chiropractor. This cookbook boasts a color photographic portfolio of a sampling of Pagano's patients showing their condition before they began his regimen and again after they followed it through to a healing.

The recipes in this book are amazing whether you want to try the alkaline friendly diet or not. I have cooked these for everyone and they all love everything. I love the use of all the herbs. I have loved 99 percent of the things I have tried, and have made most of them a regular meal.

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!!!!

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).

This is a powerful and vital source for guidance on a disease topic where there is little discussion about a cure. Nearly all else I've read speaks "around" the lifestyle issues which must be addressed to resolve psoriasis. Pagano speaks clearly and exactly about the cause and permanent solution for this health issue.

It has helped me in many ways. I'm still in the process. I have Psoriatic Arthritis too so I'm hoping it will help with that too. Be ready to some rough changes in your diet. It's hard but you will gradually start to like it.

Great recipes easy to do, not time consuming. Something an average person who is willing to change your eating habits,would be willing to try.

Great product at a great price, Item was exactly as advertised.

I

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