



Dr. John's Healing Psoriasis Cookbook

By John O. A. Pagano

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Over 300 kitchen-tested recipes designed for the psoriasis, eczema, and psoriatic-arthritis 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.



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Editorial Review

Review

“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**

From the Inside Flap

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.

From the Back Cover

In this companion book to *Healing Psoriasis*, Dr. Pagano provides an invaluable resource to aid millions of patients with psoriasis and eczema, featuring diet and nutrition advice, recipes, and much more.

Fifty years ago when Dr. John Pagano started his 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” as evidenced by these photos. By following the basic principles laid out in this book, this young girl was cleared in 3 months. This woman was healed in 6 months after being afflicted for 42 years!

Dr. John Pagano was a chiropractic physician from Englewood Cliffs, New Jersey, who for fifty years successfully conducted research on the natural healing of psoriasis and eczema. He is the bestselling author of *One Cause, Many Ailments* and *Healing Psoriasis*, which has been translated into Finnish, Japanese, Russian, Italian, and French.

Users Review

From reader reviews:

Roger Cooper:

What do you concerning book? It is not important along with you? Or just adding material when you require something to explain what the ones you have problem? How about your free time? Or are you busy particular person? If you don't have spare time to do others business, it is give you a sense of feeling bored faster. And you have spare time? What did you do? Every person has many questions above. The doctor has to answer that question due to the fact just their can do that will. It said that about reserve. Book is familiar on every person. Yes, it is suitable. Because start from on jardín de infancia until university need this Dr. John's Healing Psoriasis Cookbook to read.

Jenifer Bell:

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Susan Bannister:

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Christopher Gobert:

In this era globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information easier to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. Often the book that recommended for your requirements is Dr. John's Healing Psoriasis Cookbook this book consist a lot of the information in the condition of this world now. This specific book was represented how can the world has grown up. The language styles that writer make usage of to explain it is easy to understand. The actual writer made some research when he makes this book. Honestly, that is why this book ideal all of you.

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