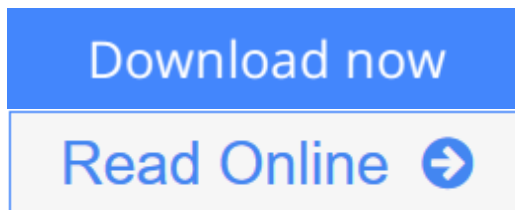


Dr. John's Healing Psoriasis Cookbook

By John O. A. Pagano



Dr. John's Healing Psoriasis Cookbook By John O. A. Pagano

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:

This Dr. John's Healing Psoriasis Cookbook is great reserve for you because the content that is full of information for you who all always deal with world and also have to make decision every minute. This book reveal it details accurately using great coordinate word or we can state no rambling sentences inside. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but tough core information with splendid delivering sentences. Having Dr. John's Healing Psoriasis Cookbook in your hand like keeping the world in your arm, details in it is not ridiculous a single. We can say that no guide that offer you world with ten or fifteen small right but this book already do that. So , this is good reading book. Heya Mr. and Mrs. hectic do you still doubt this?

Susan Bannister:

The book untitled Dr. John's Healing Psoriasis Cookbook contain a lot of information on the idea. The writer explains the woman idea with easy approach. The language is very clear to see all the people, so do not necessarily worry, you can easy to read this. The book was compiled by famous author. The author provides you in the new age of literary works. You can actually read this book because you can continue reading your smart phone, or gadget, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site as well as order it. Have a nice learn.

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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