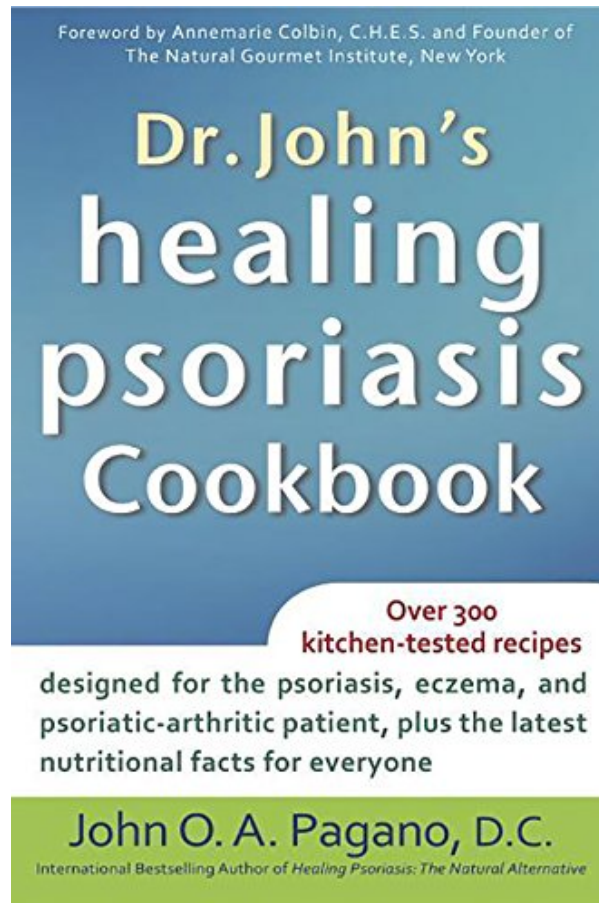


DR. JOHN'S HEALING PSORIASIS COOKBOOK BY JOHN O. A. PAGANO



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JOHN O. A. PAGANO PDF**



Foreword by Annemarie Colbin, C.H.E.S. and Founder of
The Natural Gourmet Institute, New York

Dr. John's healing psoriasis Cookbook

Over 300
kitchen-tested recipes

designed for the psoriasis, eczema, and
psoriatic-arthritic patient, plus the latest
nutritional facts for everyone

John O. A. Pagano, D.C.

International Bestselling Author of *Healing Psoriasis: The Natural Alternative*

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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

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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!

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DR. JOHN'S HEALING PSORIASIS COOKBOOK BY JOHN O. A. PAGANO PDF

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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Most helpful customer reviews

5 of 5 people found the following review helpful.

Disappointed!

By Texas Kate

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.

9 of 9 people found the following review helpful.

This book is amazing! Literally wverything you need to know and do ...

By Ruanne Banse

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!

8 of 8 people found the following review helpful.

Enlightening, empowering and encouraging.

By FyIguY

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.

See all 43 customer reviews...

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