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principles behind the regimen: 1) Detoxification; 2) Diet and Nutrition; 3) Herb Teas; 4) Spinal Adjustments; 5) External Applications; and 6) Right Thinking

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In this companion book to Healing Psoriasis, Dr. Pagano provides an invaluable resource to

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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.

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talented professional
cooks in creating this
special book with one
primary objective in
mind: to make life
easier for the psoriatic,
eczema, and psoriatic
arthritic patient
through the careful
selection and
preparation of the right

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foods.

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I actually love Dr. John's diet in terms of healing Psoriasis. I have his first book, and used the diet to basically eliminate my psoriasis in about a year's time. That said, I was looking for something that would give me some more creative recipes (most

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alkalizing cookbooks
use a LOT of
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nightshades, which
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aren't allowed in this
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diet).

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the indispensable
companion book to
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600 pages, this extraordinary cookbook provides over 300 kitchen-tested recipes designed for people suffering from psoriasis, eczema or psoriatic arthritis, plus plenty of general nutritional information and advice.

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This item: Your Healing
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Answers are found in
Dr. John O.A. Pagano's
award-winning book.

HEALING PSORIASIS:
The Natural Alternative
in addition to Dr. John's
Healing Psoriasis
Cookbook and . One
Cause, Many Ailments:
The Leaky Gut
Syndrome

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Dr. John Pagano was a
chiropractic physician
from Englewood Cliffs,

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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.

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includes the six
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Detoxification; 2) Diet
and Nutrition; 3) Herb
Teas; 4) Spinal
Adjustments; 5)

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External Applications;
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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

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Psoriasis
without the use of
steroid creams, tar
baths, injections, or
ultraviolet treatments.

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Dr John Pagano's book
Healing Psoriasis- The
Natural alternative is a
familiar name for most
of the internet savvy
people suffering from
psoriasis. In this book,
Dr John Pagano has

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proposed a natural way
of healing psoriasis by
suitable changes in
your diet and lifestyle.

Dr Pagano diet for Psoriasis - Psoriasis Self Management

In his first book,
HEALING PSORIASIS:
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Alternative, Dr. Pagano
presented a report of
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"Dr. John has been in practice for 22 years, having earned his doctorate degree in Naturopathic Medicine from Bastyr University in 1998. After working for two years with a

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Medical Doctor, he opened The Natural Health Medical Clinic in 2000 on Beacon Hill, just South of Downtown Seattle.

Renton Psoriasis Naturopaths - Psoriasis Naturopaths ...

Dr. Wright is the Medical Director of Tahoma Clinic where he also practices medicine. A Harvard University (A.B. 1965)

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and University of
Michigan graduate
(M.D. 1969), he
continues to be a
forerunner in research
and application of
natural treatments for
healthy aging and
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