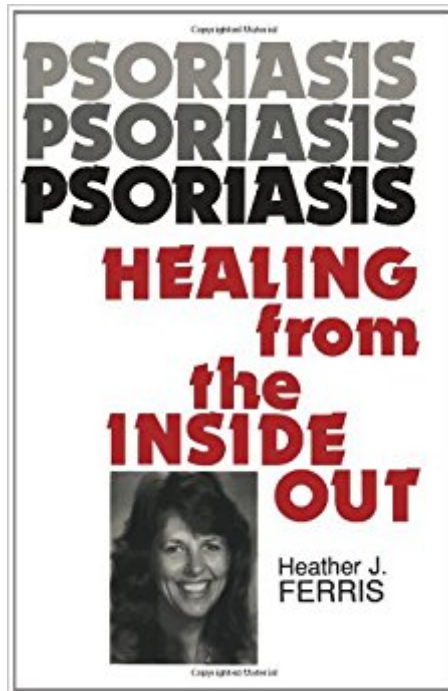




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Psoriasis Healing From The Inside Out



Synopsis

"At last a beautifully written book on how to manage this difficult external condition by internal means. I will recommend this book to all my patients with psoriasis." Dr Stephen Falkner MB., Ch.B.

Psoriasis Healing from the Inside Out is an important book for people with psoriasis and other conditions, who feel controlled by their diseases. The author Heather Ferris shares her own profound (and simple) experiences with healing addressing issues of body, mind and spirit. She provides practical techniques and opportunities to reflect on individual situations. The author's warm and caring style is evident as she invites us to experience a more peaceful inner environment. Reading this book reminds us to live full, healthy lives.

Book Information

Paperback: 104 pages

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Average Customer Review: 3.7 out of 5 stars 8 customer reviews

Best Sellers Rank: #2,892,809 in Books (See Top 100 in Books) #95 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Psoriasis #6656 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

Heather Ferris M.Ed (Canadian Certified Counsellor) knows psoriasis intimately since it first showed itself in 1963. In fact it was probably responsible for her interest and training in psychology and healing. Heather teaches counselling psychology at City University Seattle (Victoria BC campus), has a counselling practice in Duncan BC and teaches internationally bringing a healing focus to training and education.

While there is some interesting information in the book it fell short in my mind. I was dissappointed.

I didnt find anything new in the book. To be fair, I have been reading alot from other books, so there was no revelation for me. It probably would be good for someone hasn't read other sources.

Thoroughly enjoyable - a real person's experience who understands first hand what it is like to live with this condition Who can put a sufferers perspective on the frustrations we have have with the traditional advice. That psoriasis is a symptom of a combination of internal imbalances is refreshing Stress & chemical imbalance from food can manifest as psoriasis - is a very plausible thesis. That the triggers are different for each sufferer matches my experience. I like the approach of being kind to yourself and treating yourself gently. I recommend this to all sufferers

Excellent book filled with interesting information. As a sufferer of Psoriasis, I will definitely put to use the recommendations I found

Some good advice much of which defies popular medical opinions, for the great fight against this disease.

It's a wonderful book from the insider's viewpoint. She had psoriasis and conquered it with diet and proper attitude. I have the same approach and am working to create a Legacy Trust to send people to the Dead Sea in Israel for sea, sun, diet and meditation spa treatments. [...] [...]

I have just finished half of the book. It makes a better sense than most Doctors and Dermatologists telling you. I appreciate the fact that the writer shares your psoriasis experience.

I bought this book, and have shown it to others. They also thought this book was very good information. I gave it to a friend for her daughter that has psoriasis, so I just ordered another one for myself. I can't wait to get it. If the writer of this book reads this, I just want to Thank Her...

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