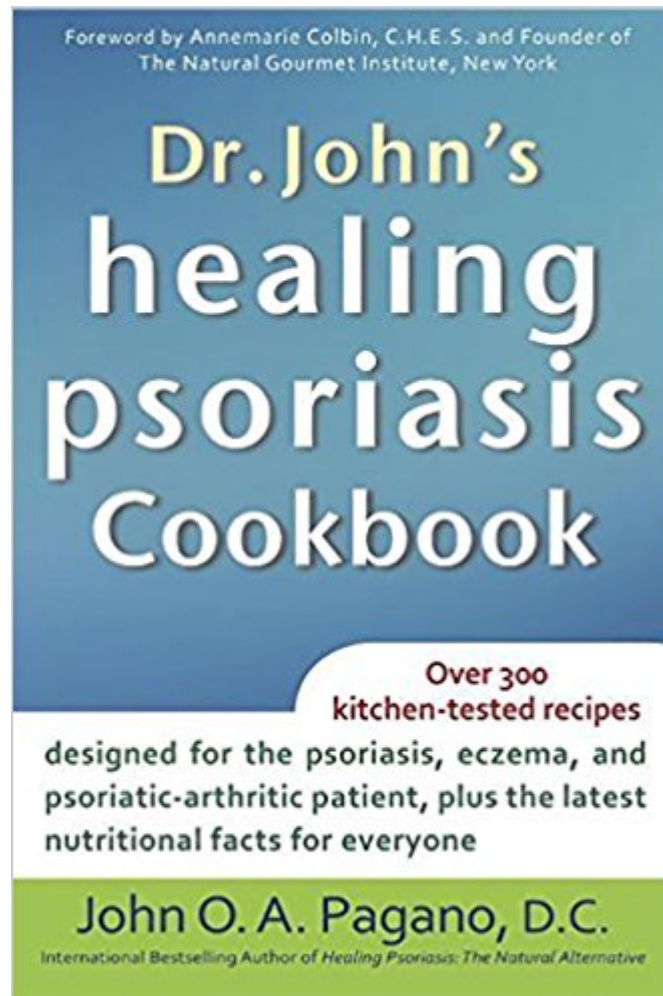




The book was found

Dr. John's Healing Psoriasis Cookbook...Plus!



Synopsis

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...Plus! is the sequel to Dr. Pagano's original book. The cookbook consists of three parts. Part I - Basic Principles - gives technical data which includes the six principles behind the regimen. These principles are: 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 riveting Color Photographic Portfolio of case histories which give undeniable proof of the efficacy of the Pagano regimen.

Book Information

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Customer Reviews

5.0 out of 5 stars CURED ME! BUY THIS BOOK!!! November 11, 2011 By Momof5 - See all my reviews This review is from: *Dr. John's Healing Psoriasis Cookbook...Plus! (Hardcover)* Dr. Pagano is an actual healer. He really is the only man in this field who can cure psoriasis. I've had this awful disease for over 20 years and have been to numerous doctors and NO ONE could touch it except DR. PAGANO. My disease is now almost fully cleared because of his diet and theory behind the

disease. If you haven't read his book "Healing Psoriasis" it is a MUST. It has been the number 1 book on for awhile now and I can see why. This cookbook is just as amazing. His recipes are delicious and easy to make. I cant express enough how Dr. Pagano and his books have helped me and so many others. THIS BOOK IS WORTH THE \$35 and more....Buy it! -- Reader Review -- --

Reader Review5.0 out of 5 stars Excellent Resource for Healing! July 24, 2011 By CindyM - See all my reviews This review is from: Dr. John's Healing Psoriasis Cookbook...Plus! I have Dr. John's Healing Psoriasis the Natural Alternative - I started the program last summer but didn't stick with it long enough. I saw excellent progress, at least 60% clearing but started slipping back into my old ways. Almost two months ago, I really started breaking out again. Knowing I had control over it (and so frustrated to see a breakout again!!), I decided to start over with the 3 day apple diet and continue into the diet/detox and give my body more time to heal. To help me keep things interesting I bought the cookbook to give myself more ideas of how to cook and eat the foods permitted on the diet. I really love this cookbook - he gives an overview in the beginning on the diet so if you don't want to buy both books, the cookbook will give you a lot of what you need. There are easy to understand shopping lists, essentials to have on hand, even a nice section on cooking methods. There's recipes for all types of courses and meals - soups, salads, salad dressings and sauces, meats and poultry, vegetarian and everything in between including desserts. Since re-starting this diet/detox again, I have tried out at least 20 different recipes from the book. I have made a little game out of it for myself - to try at least one new vegetable and 3 new recipes a week. It does keep the diet interesting and gives me more variety so I'm not bored with the same old foods. Even my 3 year old and husband have tried and liked the foods I make! A lot of the recipes are fairly simple - some are a little more difficult; but I am not an expert cook so I find I am able to follow along and also find the foods/ingredients at my local grocery store. I like that I am not spending hours in the kitchen! I hope if you or someone you love has psoriasis, you will give this diet/detox a try. I am seeing some clearing after just 6 weeks and know that my body needs the time to heal. Having lived with this awful disease for 34 years (most of my life), and having to face another summer with people asking me what happened (or "Ewww what is that?" - yeah, my favorite comment), I am determined this time to see it through. -- Reader Review -- Reader Review5.0 out of 5 stars Excellent Resource for Healing! July 24, 2011 By CindyM - See all my reviews This review is from: Dr. John's Healing Psoriasis Cookbook...Plus! I have Dr. John's Healing Psoriasis the Natural Alternative - I started the program last summer but didn't stick with it long enough. I saw excellent progress, at least 60% clearing but started slipping back into my old ways. Almost two months ago, I really started breaking out again. Knowing I had control over it (and so frustrated to see a breakout

again!!), I decided to start over with the 3 day apple diet and continue into the diet/detox and give my body more time to heal. To help me keep things interesting I bought the cookbook to give myself more ideas of how to cook and eat the foods permitted on the diet. I really love this cookbook - he gives an overview in the beginning on the diet so if you don't want to buy both books, the cookbook will give you a lot of what you need. There are easy to understand shopping lists, essentials to have on hand, even a nice section on cooking methods. There's recipes for all types of courses and meals - soups, salads, salad dressings and sauces, meats and poultry, vegetarian and everything in between including desserts. Since re-starting this diet/detox again, I have tried out at least 20 different recipes from the book. I have made a little game out of it for myself - to try at least one new vegetable and 3 new recipes a week. It does keep the diet interesting and gives me more variety so I'm not bored with the same old foods. Even my 3 year old and husband have tried and liked the foods I make! A lot of the recipes are fairly simple - some are a little more difficult; but I am not an expert cook so I find I am able to follow along and also find the foods/ingredients at my local grocery store. I like that I am not spending hours in the kitchen! I hope if you or someone you love has psoriasis, you will give this diet/detox a try. I am seeing some clearing after just 6 weeks and know that my body needs the time to heal. Having lived with this awful disease for 34 years (most of my life), and having to face another summer with people asking me what happened (or "Ewww what is that?" - yeah, my favorite comment), I am determined this time to see it through. -- Reader Review --

Reader Review 5.0 out of 5 stars CURED ME, December 12, 2006 By Brian C. Setzler (Portland, OR USA) - See all my reviews (REAL NAME) This review is from: Dr. John's Healing Psoriasis Cookbook...Plus! (Hardcover) I read the book, followed the advice and had a MAJOR outbreak clear in about 3-4 months. I had immediate benefits within the first few days as the psoriasis sores were less inflamed and then slowly began to fade until 99% gone within 4 months. I drank tea, took hot Epsom salt baths a few times per week. Pretty near eliminated alcohol and nightshade vegetables. I went to my naturopathic doctor and got a few other supplements as well. I started taking fish oil, fiber and a good multi-vitamin daily. I also reduced the amount of white bread and flour I consumed. In the 4 months I went from 205Lbs to my HS weight of 185Lbs. My blood pressure went from borderline high to IDEAL. I wish I would have stayed on the diet because I have regained the weight and blood pressure although the psoriasis remains cleared after almost 3 years. You are what you eat. We have such lousy diets in America and we wonder why we get sick? If you fed your plants or pets the kind of corporate food products most of us eat, they'd be unhealthy as well. We just don't make the connection until you get an illness. This book provides a simple way to heal yourself. I highly recommend it. -- Reader Review

Dr. John O.A. Pagano is a chiropractic physician with a practice in Englewood Cliffs, New Jersey, who for fifty years has conducted successful research on the natural healing of psoriasis and eczema, conditions that afflict millions of people throughout the world. He is author of HEALING PSORIASIS: The Natural Alternative; ONE CAUSE, MANY AILMENTS: The Leaky Gut Syndrome; and Dr. John's Healing Psoriasis Cookbook...Plus! Dr. Pagano has appeared on countless radio and television programs, and has lectured all over the world on the subject of healing psoriasis. HEALING PSORIASIS: The Natural Alternative; has been translated into Finnish, Japanese, Russian, Italian, and French. Dr. Pagano also writes and performs his own original songs, is well-known for his paintings which grace fine homes in many places, and has a passion for all things nautical.

The recipes in this book are amazing whether you want to try the alkaline friendly diet or not. I have cooked these for everyone and they all love everything. I love the use of all the herbs. I have loved 99 percent of the things I have tried, and have made most of them a regular meal.

I am so very thankful for this book coming my way. I have psoriasis and this is the best health minded view of this situation. Dr. John Pagnano has followed Edgar Cayce's request to continue researching health issues. This book is so very clearly written and easy to understand and follow. The products are easy to find. If you are tired of trying all the stuff that doesn't work and are willing to change and do some things a little bit differently - this is the book for you. It is not a cake walk but then what is? Please consider reading this book for your own health. Don't see it as just a bunch of hard stuff to do - see it as perhaps a new way to enjoy and live your life. We already are different than others because of our psoriasis so why not be different in a positive uplifting way by doing these things Dr. Pagnano suggests and have our difference now be our radiant health!!!!

Open your eyes and read this book. This information will help you change yourself, it will help you heal yourself. I never knew I was doing myself so much harm. Thanks to Dr. John and the A.R.E. (i.e. Edgar Cayce).

This is a powerful and vital source for guidance on a disease topic where there is little discussion about a cure. Nearly all else I've read speaks "around" the lifestyle issues which must be addressed to resolve psoriasis. Pagano speaks clearly and exactly about the cause and permanent solution for

this health issue.

It has helped me in many ways. I'm still in the process. I have Psoriatic Arthritis too so I'm hoping it will help with that too. Be ready to some rough changes in your diet. It's hard but you will gradually start to like it.

Great recipes easy to do, not time consuming. Something an average person who is willing to change your eating habits,would be willing to try.

Great product at a great price, Item was exactly as advertised.

I like

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