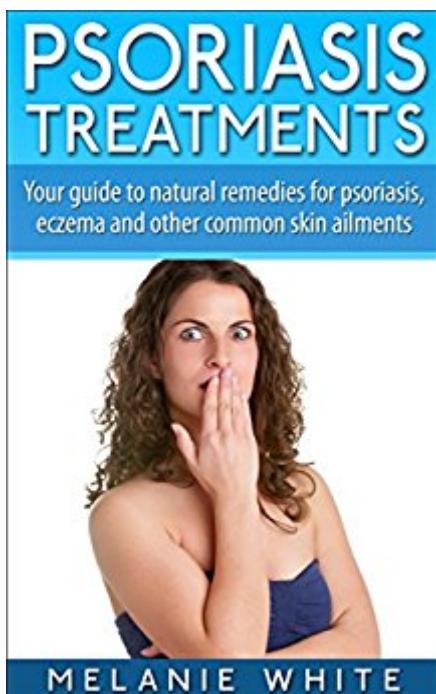


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# Psoriasis: Psoriasis Treatments: Your Guide To Natural Remedies For Psoriasis, Eczema And Other Common Skin Ailments



## Synopsis

Are you wondering â “ Are there any natural skin care solutions for these ongoing rashes? Thatâ ™s one of the questions Melanie White was asking after she had completed several rounds of chemo therapy and discovered skin irritations on various parts of her body.

**About the Author**

Melanie White is first and foremost â “ a cancer survivor. She is not a doctor, a nutritionist or medical professional of any kind. She is however a reader and a researcher who has taken an active interest in health and nutrition since her Non-Hodgkin Lymphoma diagnosis several years ago. Many of the references she came across were very good but she found them to be quite long and detailed. You may not have the time, energy or the inclination to read dozens of books on nutrition and natural skin care. This eBook is a compilation of the best material she found and is intentionally short for that very reason. This book contains proven, time tested natural remedies and strategies to treat psoriasis, eczema and many other common skin irritations.

Youâ ™re about to discover how you can restore your inflamed skin back to health - naturally.

**In Psoriasis Treatments:** Your guide to natural remedies for psoriasis, eczema and other common skin ailments , you will learn aboutâ | Natural remedies to help you control eczema, psoriasis and rosacea as well as rashes caused by poison ivy, poison oak, poison sumac, skin fungi, hives, shingles, scabies and others. Simple step by step instructions on how to create your own treatments: Beeswax moisturizing lotion. coconut oil lotion bars sea salt spray topical ACV spray honey garlic paste lemongrass paste calendula salve fennel seed salt paste and much, much more.

See what others readers are saying

Lotions, potions, gels, creams, capsules, pills - the line of armamentarium grows with every visit to the doc for annoying rashes that we all engender from time to time. Melanie White suggests stepping back to look at the way nature can help us step forward into natural remedies for body rashes - and her book is full of very promising and easy (and inexpensive!) solutions (pardon the pun...) that allow us to care for ourselves with some insight into nature's secretsâ |

**Grady Harp**

**HALL OF FAME TOP 100 REVIEWER**

According to Melanie White, 60% of people get rashes at some point in their life. Recently someone at a forum commented that they had a strange rash but I was at a loss to tell them what to do. Then I was offered this book and it has some really helpful suggestions.

Basically this is a book for people who have been in contact with poisonous plants, skincare products that irritate the skin, dyes in new clothing or latex. This book will also be helpful for those suffering from food allergies, eczema and psoriasis.

**Rebecca of HALL OF FAME TOP 500 REVIEWER**

I have worked with numerous sufferers of psoriasis via naturopathy and alternative medicines. Thus all these years I have been examining every natural remedy that can bring slight or high relief to these people. I went through this because of this interest and involvement, and found

that the author lists some really good remedies. What is more, she gives the exact method for making these remedies, which means even a novice can prepare them.Dr. Johnson C. Philip TOP 1000 REVIEWERGet your copy now! Click the 'BUY' button at the top of this page.

## **Book Information**

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## **Customer Reviews**

Nothing new here for me. There are no new ideas in this for me. I have it on both forearms and scratch until I bleed. Hoped for another experiment that might work. Always looking. Nice try.

Lotions, potions, gels, creams, capsules, pills - the line of armamentarium grows with every visit to the doc for annoying rashes that we all engender from time to time. Melanie White suggests stepping back to look at the way nature can help us step forward into natural remedies for body rashes - and her book is full of very promising and easy (and inexpensive!) solutions (pardon the pun...) that allow us to care for ourselves with some insight into nature's secrets. She opens her book with a range of possible surface alterations that we generally term embarrassing rashes:

Contact rashes are the type of rashes that are caused by poisonous plants, insects, chemicals or dyes in clothing, beauty products, latex, rubber, and other materials. Rashes from jock itch, candida, and ringworm are caused by fungal growth in the body. These rashes may be due to improper hygiene or may have been acquired from another person via skin contact and borrowing of contaminated clothes or beddings. Allergic rashes are often triggered by weather conditions, medication, food, sweat, tight clothing, and can be compounded by dehydration and Other body rashes are caused by common skin conditions such as eczema, psoriasis, and rosacea. These skin conditions are often hereditary and can be triggered by many factors. Then comes the fun section - natural remedies for each of these and recipes for how to make them. Natural Remedies for Eczema, Psoriasis, and Rosacea (Beeswax Moisturizing Lotion, Coconut Oil Lotion Bars, Colloidal Oat Bath, Healing Salve, Magnesium Salt Bath, Oatmeal Cream, Petroleum-Free Jelly, Sea Salt Spray, Topical ACV (apple cider vinegar) Spray, and Turmeric Aloe Paste): Natural Remedies for Poison Ivy, Poison Oak, and Poison Sumac (Acorn Wash, Baking Soda Paste, Jewelweed Pack, Soft Oatmeal Paste): Natural Remedies for Various Skin Fungi (Apple Cider Vinegar, Honey Garlic Paste, Lemongrass Paste, Salt Vinegar Paste, Turmeric Paste): Natural Remedies for Hives, Shingles, and Scabies (Coconut Oil, Fresh Aloe Vera Gel, Goldenseal Tincture, Lemon Balm Solution, Tea Tree Oil Solution): Natural Remedies for Various Common Rashes (Calendula Salve, Fennel Seed Salt Paste, Turmeric Basil Paste, Neem Tea Solution). Each remedy outlines first what you'll need to make it, then how to brew/make it, then how to use it. For that info you must buy the book! Not only are these natural remedies safe and reliable, they also make you smell like you should be edible! This is a very fine, very complete book that deserves close attention. Highly Recommended. Grady Harp, August 14

I have worked with numerous sufferers of psoriasis via naturopathy and alternative medicines. Thus all these years I have been examining every natural remedy that can bring slight or high relief to these people. I went through this because of this interest and involvement, and found that the author lists some really good remedies. What is more, she gives the exact method for making these remedies, which means even a novice can prepare them. The remedies are good, and they will bring relief to many. Not all natural remedies work for everyone, and that should be kept in mind. I recommend this as a book made up of useful remedies.

This book is a fuss-free, straight-to-the-point book of solutions to different types of rashes, be it eczema, psoriasis, hives. What's more, most of them are natural, homemade remedies. Great value

for \$0.99!

This was a wonderful book. It complied lots of information into an easy to read resource. The recipes can be found in the kitchen. Great job!!

According to Melanie White, 60% of people get rashes at some point in their life. Recently someone at a forum commented that they had a strange rash but I was at a loss to tell them what to do. Then I was offered this book and it has some really helpful suggestions. Basically this is a book for people who have been in contact with poisonous plants, skincare products that irritate the skin, dyes in new clothing or latex. This book will also be helpful for those suffering from food allergies, eczema and psoriasis. Mostly this book is a book of recipes for fast relief. Some of the suggestions include taking an oatmeal bath - very soothing to the skin and sea salt soaks. Some of the other ingredients you'll need to make the recipes include baking soda, coconut oil, apple cider vinegar, sea salt, oatmeal, beeswax, honey, turmeric and aloe vera gel. All the recipes can be made very easily in your home kitchen. Only one recipe required an extended period of time. So this is a book of non-prescription natural remedies for inflamed skin. ~The Rebecca Review received a free copy of this book to review. This review is my honest opinion.

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