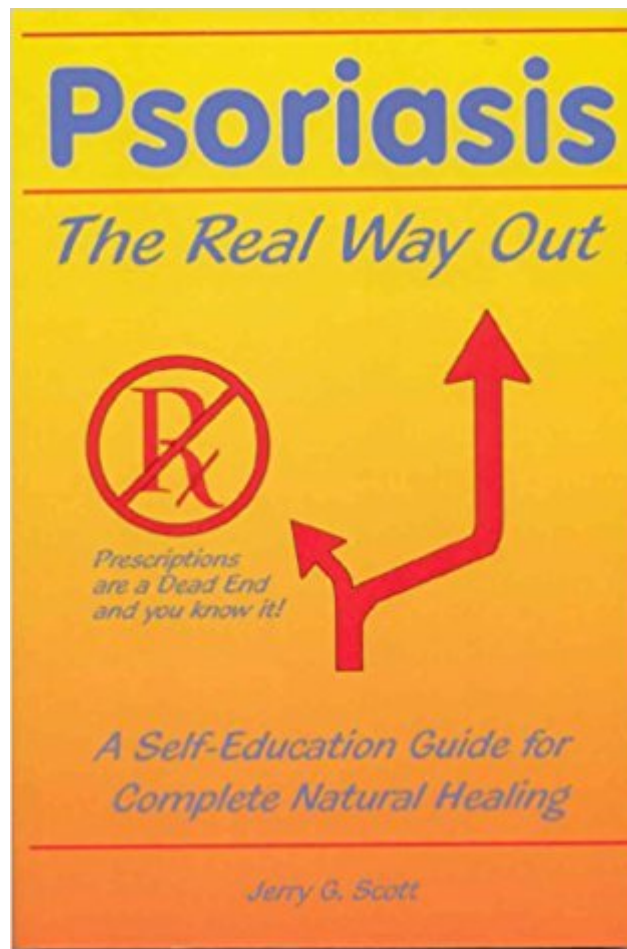




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# Psoriasis: The Real Way Out: A Self-Education Guide To Complete Natural Healing



## Synopsis

This is a book for the determined, not for the quick fix crowd. A clear understanding of the underlying causes of psoriasis is presented, one that flies in the face of current drug-oriented treatments. It is also one that recognizes the true causes and alleviation of psoriasis that have actually been known for decades. Leading edge strategies are also revealed, and resources are listed. The book is blunt, and does not coddle the reader. Rather, it requires participation if the reader is to be healed of the condition, and very specific solutions are offered in a comprehensive plan of action. Book owners can link up with the author through his website called PsoriasisUSA.

## Book Information

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## Customer Reviews

If you have had enough of endless 'treatments', of marching back and forth to the doctor only to receive more ointments or drugs, then it's time you got off the hamster wheel. If you're ready, really ready, then this book will turn your head completely around. It's more than a readable book, it's truly a road map for the way out, including a daily operating plan - the missing ingredient to healing success.

When the dawning awareness that you need to take matters into your own hands becomes clear, you will take action. Have you reached the end of your rope with psoriasis? Have you tried everything, and frustration has become your daily companion? Or have you given up altogether like so many others, and are resigned to your fate? If so, give yourself one more chance, because there is another way. Perhaps you've not tried it in earnest - it's called Mother Nature. No

doctor, no medical treatment, and certainly no drug has been able to trump Mom Nature, who never fails to heal the body when given the proper environment. The good news is that it's never too late for psoriasis to be healed, because psoriasis doesn't have to be caught early. Any time is the right time, provided you have the commitment. First, you need to understand what you're up against, both in physical terms and with the medical system. This book delivers both of these things and more, plus a description of the way out, detail by detail. Find the answers here that you wish you could have had all along. It's not a puzzle; it's a procedure worth doing.

My psoriasis began with a small itchy spot on the back of my head. For several years it would come and go. Then the summer of 2005 it suddenly covered my entire head in a matter of a month. What misery! It itched so at times I could hardly stand it and a good night's sleep became a thing of the past. I went to a dermatologist and he pronounced my fate. No cure. But I could wet my hair each night before I went to bed, put on the "junk" he prescribed, and cover all with a shower cap. That should help. Yeah, sure. Try sleeping with that clammy mess and your head still itching like the dickens. So I checked the internet, found this book by Jerry G. Scott and began to apply his recommendations, which is mainly a change in diet. Within a month the psoriasis was gone and did not return for nearly three years. Then one day a new little spot appeared at the back of my head. I had eased off following the diet, but still, except for rare occasions, had refrained from drinking colas of any kind and only indulged moderately in peppers, tomatoes, white potatoes, and a few other forbidden foods. I went back on the diet and that little spot disappeared. If I know of someone who has psoriasis, I tell them about this book. Today, seeing it in my bookcase, it occurred to me to do a review, even though I've had the book since 2005. My advice is to try it. It can't hurt you. I'm certainly glad I did. Eunice Boeve, author of *Ride a Shadowed Trail*

I did like the book. It gave a lot of information that I needed.

good info

Good information. Liked it. Alternate perspective for condition and solutions in logical way.

delivered fast and in excellent condition. And I would recommend this book to anyone. very informative and easy to understand.

I purchased this book with hopes that it would have new information. Unfortunately that was not the case. This book is very similar to Dr. John Pagano's(sp) Healing Psoriasis. If you have that book, I wouldn't waste money on this book - if you have not purchased Healing Psoriasis - this book is worth a try if you don't mind making extreme changes to your diet.

For eleven years, I have had severe psoriasis (76% PASI - if you have it, you know what this means) and moderate (sometimes severe) psoriatic arthritis. Aside from working with my physician, I regularly read books and do research on the treatment of psoriasis. I methodically try different therapies to try to help myself. This was just another book on my list this year, but has been the most valuable in my collection. This is one of the few psoriasis books that was not written by a designated expert of some kind, but rather someone who was sick like me. I have been quite strict in following the book's psoriasis healing recommendations for almost two months now. I have only recently begun to experience signs of improvement. The flare-ups are noticeably less severe and I have cleared several long time trouble spots. I am not completely clear and that is to be expected, but I am continuing with the methods and have no doubt that further improvements will follow. What is surprising is that my overall health has improved significantly - I have lost over 32 lbs and blood pressure has returned to normal levels without medication. I feel better in general. Please try it yourself but be patient. The method in the book is a lifestyle commitment. It's not easy, but if you have it as bad as I did, you will have the discipline to do it. I have spent 11 years trying to do quick fixes with various drugs that have worked with some degree of success in the short-term, but invariably are not long-term solutions because of bad side-effects or expense. As I said in my review title, this book was a gateway to the world of self-healing. This book has introduced me to a whole new way of thinking about personal health care. I have taken responsibility for my health. This book shows you how. No one cares about your health as much as yourself. Good luck. DON'T EVER GIVE UP.

I found this book to be as helpful for general health as for psoriasis. It explained psoriasis to me in a way that I have not heard from any doctor, which is refreshing. The book is easy to read and follows a logical path and convinced me in no uncertain terms to look twice at my medical service. There is a lot to think about, but I liked the way it provides an action plan that can be started immediately. I would recommend this book.

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The Four Horsemen of Psoriasis: Tame your Psoriasis from within. A Science Based Natural Therapy. Natural Healing and Remedies  
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