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*A Look at the Science —
Kaayla Daniel, Ph.D.,
CCN (AHS14)*

HOW I HEALED MY
PSORIASIS - My

Autoimmune Journey
*Dietitian Reacts to
Khloe Kardashian's
\"REVENGE BODY\"*

INFLAMMATION
SERIES || Episode 1:
PSORIASIS ~~Effects of~~
~~Food and Diet on~~
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**your guttate psoriasis
questions - with Dr
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Ep. 15 *DR. ALAN
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DIET, IMMUNITY AND
FASTING HOPE* \u0026

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DR.MIKE Fat Phobic?
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your health with Dr.

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cookbook consists of
three parts: Part I -
Basic Principles - gives
technical data which
includes the six
principles behind the
regimen: 1)

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Detoxification; 2) Diet
and Nutrition; 3) Herb
Teas; 4) Spinal
Adjustments; 5)
External Applications;
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Psoriasis Cookbook:

Pagano D.C., John O ...

Statistics show that
more than 100 million
people worldwide suffer
from the chronic skin

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Dr. John Pagano was a
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5.0 out of 5 stars This
book will help you clear
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01

have worked with 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 foods.

Dr. John's Healing

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Psoriasis Cookbook |

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I actually love Dr.

John's diet in terms of 1
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

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

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Answers are found in
Dr. John O.A. Pagano's
award-winning book
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Natural Alternative. in
addition to. Dr. John's
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creams, tar baths,
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three parts: Part I -
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technical data which
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Dr. John Pagano has
gained international
fame with his
groundbreaking book,

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Healing Psoriasis

(available here), in
which he presents an all-
natural regimen

designed to control 11
psoriasis symptoms
without drugs or
ultraviolet treatments.

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the indispensable
companion book to
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Weighing in at nearly

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600 pages, this
extraordinary cookbook
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kitchen-tested recipes
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suffering from psoriasis,
eczema or ...

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External Applications;
and 6) Right Thinking:
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consists of over 300

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original recipes

specifically designed for
the psoriatic patient;

Part III: Eye on

Nutrition - is ...

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? Over 300 kitchen-tested recipes designed for the psoriasis, eczema, and psoriatic-arthritic patient, plus the latest nutritional facts for everyone! Foreword by Annemarie Colbin, C.H.E.S. and Founder of The Natural Gourmet Institute, New York

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Psoriasis

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Psoriasis

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John O.A ...

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Over 300 kitchen-tested recipes designed for the psoriasis, eczema, and psoriatic-arthritic patient, plus the latest nutritional facts for everyone! Statistics show that more than 100

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million people

worldwide suffer from
the chronic skin disease
psoriasis. In his first
book, H.

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chiropractic physician
from Englewood Cliffs,
New Jersey, who for
fifty years has
successfully conducted
research on the natural

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healing of psoriasis and
eczema, conditions that
afflict millions of people
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