



Healing Psoriasis: The Natural Alternative

By John O. A. Pagano



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This book proves that Psoriasis, a chronic inflammatory skin disease, as well as Eczema, can be alleviated, controlled and even healed in a natural way; that is, without the use of drugs, steroid creams, tar baths or even ultra-violet light.

The book views psoriasis, as well as eczema, as originating in the intestinal tract. Looked at from the inside out, rather than from the outside in, a whole new approach to the disease evolves. This concept identifies the problem as a build up of toxins (poisons) in the system which make their way out through the skin, but does not originate in the skin. Dr. Pagano defines psoriasis as the external manifestation of the body's attempt to throw off internal toxins.

Because of thin, porous, intestinal walls these toxic elements "seep" through the walls of the intestine (now referred to as "The Leaky Gut Syndrome"), causing a pollution of the lymphatic and blood circulatory system.

The body then attempts to rid itself of these toxins by expelling them through the sweat glands. Dr. Pagano further emphasizes that a proper DIET and adequate ELIMINATIONS are a major part of the solution. This book proves the efficacy of this theory by documented case histories, patient affidavits and striking before and after photographs.

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Editorial Review

Review

After 20+ years of struggling with this disease, the answers are in this 1 book. Results were quick and dramatic. -- *Reader from North Carolina, 1/28/00*

Many patients who suffered for decades are now provided with evidence that this holistic approach is of great value. -- *Pathways, Book Review, Oct, 1991*

My husband is 99% clear now. It was tough at first but the results are so worth it. -- *Reader in Midwest, USA*

From the Back Cover

Say goodbye to the pain, scales, itching, and self-consciousness—naturally

No more drugs, steroid creams, tar baths, or ultraviolet treatments! Now there is another way to achieve a cure. In *Healing Psoriasis*, you'll discover how to alleviate, control, and even heal this agonizing condition without dangerous drugs or treatments.

This life-altering guide presents a proven, all-natural, safe, and healthy program for healing psoriasis. In simple, straightforward language, Dr. John Pagano explains why psoriasis must be viewed from the inside out; reveals the importance of diet, detoxification, and mental attitude in overcoming the disease; and offers a clear, step-by-step regimen that has helped many people worldwide win their battle with psoriasis.

Complete with revealing case studies, extraordinary before-and-after photos, and helpful recipes, this book is the resource you need to find freedom from psoriasis—at last!

About the Author

Dr. John Pagano is a chiropractic physician from Englewood Cliffs, New Jersey, who for thirty years has conducted research on the natural healing of psoriasis and eczema, conditions that afflict millions of people throughout the world.

Dr. Pagano is author of HEALING PSORIASIS: The Natural Alternative, which has for four years been the #1 Bestseller in its category with at Amazon.com. The book was voted the "Best Book of the Year" in the Category of Health in 1991 by the North American Bookdealers Exchange. In 1995 Dr. Pagano received the "HERO" Award by the New Jersey Counseling Association for his unprecedented work in the natural healing of psoriasis.

Dr. Pagano has appeared as a featured guest on CNBC's America's Talking, Alternative Medicine, WABC TALKRadio, WOR's Dr. Ronald Hoffman Show, and on many cable TV stations. He has lectured by invitation before many private and professional groups such as The National Psoriasis Foundation, The Natural Gourmet Institute of New York, and at colleges and seminars throughout the United States, Canada and Europe. Dr. Pagano has presented his work at the United Nations and before the Dalai Lama and 500 international physicians at the First International Conference on Holistic Medicine in Bangalore, India in 1989. In 1991, NBC's Unsolved Mysteries, hosted by Robert Stack, presented his work on national television for the first time. That program is still periodically aired all over the world on TV's Lifetime.

In the summer of 1997 Dr. Pagano made an extensive speaking tour through Sweden, Denmark and Italy. Dr. Pagano toured and lectured in Japan in 1999 in conjunction with the publication of his book in the Japanese

language. In the year 2000 HEALING PSORIASIS: The Natural Alternative was published in Finnish, and in 2001 the Education Centre, Kudits-Obraz in Moscow translated the book into Russian.

In June of 2001 Dr. Pagano was invited to address the 2001 World Psoriasis Conference of the National Psoriasis Foundation in San Francisco, California. For seven years, Dr. Pagano collaborated with professional chefs in designing a cookbook for psoriasis/eczema sufferers. Published in the year 2000, Dr. John's Healing Psoriasis Cookbook . . . Plus! has 300 original recipes and many helpful nutritional facts for such patients. The cookbook is only available through the Pagano Organization.

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