



Dr. John's Healing Psoriasis Cookbook

By John O. A. Pagano



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Over 300 kitchen-tested recipes designed for the psoriasis, eczema, and psoriatic-arthritis 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

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 is the companion book to *Healing Psoriasis*. The cookbook consists of three parts:

Part I - Basic Principles - gives technical data which includes the six principles behind the regimen: 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 helpful Color Photographic Portfolio of case histories which give undeniable proof of the efficacy of the Pagano regimen.

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Editorial Review

Review

“This valuable cookbook is the indispensable companion to Dr. Pagano’s *Healing Psoriasis: The Natural Alternative!*” —**Andrejs V. Strauss, MD, Department of Radiation Oncology, Beebe Medical Center, Lewes, DE**

“Dr. Pagano has provided a new perspective in the management of psoriasis—one that justifies serious consideration by the scientific community.” —**Harold Mermelstein, MD, Dermatologist, New York, NY**

From the Inside Flap

Fifty years ago, when Dr. John Pagano started his Chiropractic practice, there was no medical cure for psoriasis - orthodox treatments at best alleviate symptoms. However, Dr. Pagano has achieved remarkable results with psoriasis patients in a completely natural way because he approaches the disease "from the inside-out" rather than "from the outside-in" using only methods that fall within his scope of practice as a chiropractor.

This cookbook boasts a color photographic portfolio of a sampling of Pagano's patients showing their condition before they began his regimen and again after they followed it through to a healing.

From the Back Cover

In this companion book to *Healing Psoriasis*, Dr. Pagano provides an invaluable resource to aid millions of patients with psoriasis and eczema, featuring diet and nutrition advice, recipes, and much more.

Fifty years ago when Dr. John Pagano started his practice, there was no medical cure for psoriasis—orthodox treatments at best alleviate symptoms. However, Dr. Pagano has achieved remarkable results with psoriasis patients in a completely natural way because he approaches the disease from the “inside out” as evidenced by these photos. By following the basic principles laid out in this book, this young girl was cleared in 3 months. This woman was healed in 6 months after being afflicted for 42 years!

Dr. John Pagano was a chiropractic physician from Englewood Cliffs, New Jersey, who for fifty years successfully conducted research on the natural healing of psoriasis and eczema. He is the bestselling author of *One Cause, Many Ailments* and *Healing Psoriasis*, which has been translated into Finnish, Japanese, Russian, Italian, and French.

Users Review

From reader reviews:

Brandi Cardoza:

People live in this new moment of lifestyle always attempt to and must have the extra time or they will get lot of stress from both lifestyle and work. So , when we ask do people have extra time, we will say absolutely indeed. People is human not just a robot. Then we consult again, what kind of activity do you have when the spare time coming to you actually of course your answer can unlimited right. Then ever try this one, reading publications. It can be your alternative throughout spending your spare time, often the book you have read will be Dr. John's Healing Psoriasis Cookbook.

Susan Parker:

As we know that book is very important thing to add our information for everything. By a guide we can know everything you want. A book is a list of written, printed, illustrated or blank sheet. Every year ended up being exactly added. This guide Dr. John's Healing Psoriasis Cookbook was filled in relation to science. Spend your free time to add your knowledge about your scientific disciplines competence. Some people has diverse feel when they reading a book. If you know how big benefit from a book, you can sense enjoy to read a publication. In the modern era like today, many ways to get book you wanted.

Kristi Goins:

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Robert Wilkerson:

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