



# Dr. John's Healing Psoriasis Cookbook

*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...Plus!* 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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