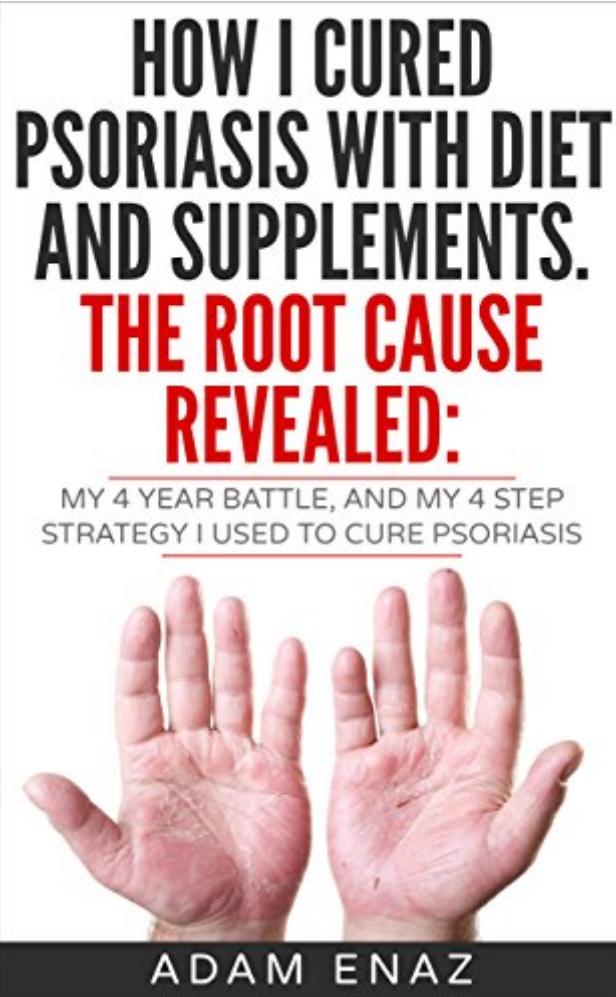


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# How I Cured Psoriasis With Diet And Supplements. The Root Cause Revealed: My 4 Year Battle, And My 4 Step Strategy I Used To Cure Psoriasis





## **Synopsis**

I battled Psoriasis for 4 years. When I was told by my Doctor that my Psoriasis can't ever be cured and I was offered steroids to "calm" my immune system I kindly declined. This was the beginning of my 4 year journey to find out why my body was doing this and how I could reverse it. As a qualified Nutritionist, I had a good understanding of the human body. I was prepared to use my own body as an experiment with all different types of diets and supplements to find out what was really causing it. I tried approximately 30 different types of supplements, read hundreds of the latest medical studies, and hundreds of personal stories in my mission to cure myself of this supposedly incurable disease. This book is like no other one for Psoriasis sufferers- written by a ex-psoriasis sufferer and qualified nutritionist. Now, in 2016, I am finally Psoriasis free and happier than ever. It is now my mission to help others as no one should have to suffer with this. I want to share with the world all that I found, how I got to the bottom of it all and what I found to be the root cause through researching medical studies and anecdotal evidence. It is my mission to teach people that this condition IS treatable, and this no-nonsense straightforward guide will show you how I managed to! In this very personal book, I cover: My story of living with this condition and the psychological impact it had. Images of myself before and after I completed my "psoriasis free 4 step protocol". The current and latest research on Psoriasis and its causes. My 4 step protocol which took 4 years of research and trial and error to put together. A detailed diet and supplement protocol. My contact details - I would be very happy to hear from fellow psoriasis sufferers.

## **Book Information**

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## Customer Reviews

This book is written in a way just about anyone can understand, in lay person's language. I finished it in about 10 minutes. This same information is used verbatim in "Psoriasis Cure: A 2017 Release (How to): A 60 Day Psoriasis Reversal Guide" by a different author.

Good information, very clear and understandable given in a succinct method.

Hooray! The book did contain very great recommendations and took out of it for me a couple of ideas for the growth of muscle. I think it everyone will find something for themselves. Thank you!

Was a interesting read. There were some new thing to try. Some of the ideals Thru the years I have try work a little better thing baby lotion.

I am going to try this out. My psoriatic condition just went nuclear the Spring of 2017. I am desperate to be free of this intestinal disorder. I wished that this was in my hands 10-years ago. Thank you for chronicling the process of your restoration to healthy skin

moving personal story about curing psoriasis. I suppose it works since i am not suffering from the dissease. Loved the writing style and personal openness still

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