



The Four Horsemen of Psoriasis: Tame Your Psoriasis from Within. a Science-Based Natural Therapy (Paperback)

By Dr Howard Jonathan Rybko

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Finally overcome your psoriasis. Heal yourself naturally using this easy to follow program. A step-by-step treatment plan designed by a doctor with 30 years of experience working on and suffering from psoriasis. Discover how psoriasis begins in your gut. Understand why skin and joint treatments using ointments, pills and injections, can never provide long-term relief. This natural therapy uses the latest science to help you tame the three wild horsemen of psoriasis - Diet, Habits and Stress. The program outlines the foods, techniques and supplements that you need to heal your gut and cure your psoriasis. Learn to use The Power of Five, a daily strategy that works on your health every day. You will be amazed at how much better you can feel. The pain from psoriatic arthritis will dim and even vanish completely. Skin plaques, itching and scalp psoriasis will slowly recede, to be replaced by normal healthy skin. Your mood will lift and your life will become enjoyable once more. Imagine the joy of slowly weaning yourself off your medications, creams and ointments, to live...



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