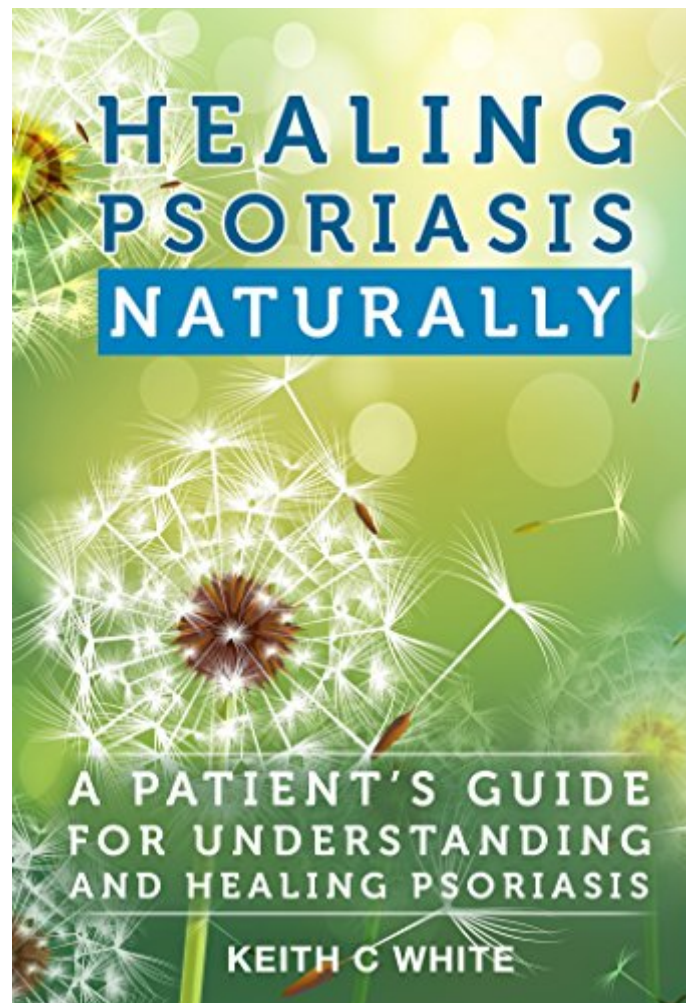




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Healing Psoriasis Naturally: A Patient's Guide For Understanding And Healing Psoriasis



Synopsis

Patients, including the author, who are diagnosed as having psoriasis are often told that the cause of psoriasis is unknown and advised to either learn to live with it or learn how to manage its symptoms. In some cases, they are offered a prescription drug regimen that includes the possibility of life-altering side effects and the potential of financial hardships. The author refused to accept either of these notions and proceeded to acquire the knowledge necessary to heal his psoriasis. Today, he no longer considers psoriasis to be a health issue. He believes that if he can get his psoriasis to heal, others can do the same. In the book *Healing Psoriasis Naturally* the author:

- 1) discusses his personal experiences as he worked to understand what caused psoriasis to develop and what he needed to do to heal it;
- 2) describes the learning process that he experienced;
- 3) identifies the sources of information he used during this learning process;
- 4) talks about the specific reasons some dietary choices can cause psoriasis to develop while other choices help psoriasis heal; and
- 5) reveals how he found ways to make the necessary dietary changes.

Although major changes in dietary choices were required in order for the author to get his psoriasis to heal, he does not consider himself to be on a diet. Rather, he considers himself to be constantly working to make better dietary choices. Understanding why some dietary choices contribute to the development of psoriasis while others promote the healing of psoriasis has made it easier for him to improve his dietary choices and to accomplish the goal of getting his psoriasis to heal. It has also given him a sense of purpose when making dietary choices. Having this knowledge about and understanding of psoriasis has enabled the author to become more pro-active in both the process of getting his psoriasis to heal and when working with health care professionals. Furthermore, the author believes that no one has more of a vested interest in resolving his health issues than himself. For this reason, the author believes that if true progress in the resolution of health issues is to be made, it is imperative that patients become more pro-active when working to resolve their respective health issues and when working with health care professionals. It is the author's hope that reading *Healing Psoriasis Naturally* will both encourage and enable the reader to assume a more pro-active role. *Healing Psoriasis Naturally* was written with the overall purpose of empowering patients with psoriasis.

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