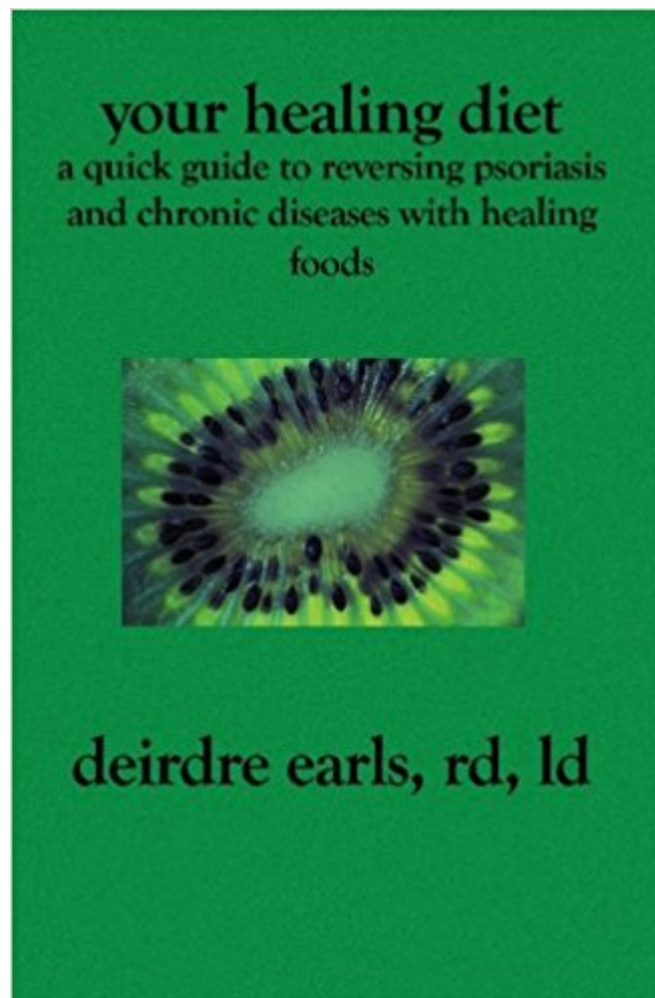




The book was found

Your Healing Diet: A Quick Guide To Reversing Psoriasis And Chronic Diseases With Healing Foods



Synopsis

'Your Healing Diet: A Quick Guide to Reversing Psoriasis and Chronic Diseases with Healing Foods' was written to make it faster and easier to eat in a way that enables the body to heal itself. Having used an imperfect diet instead of chemotherapy to reverse her own disabling disease, Registered Dietitian Deirdre Earls RD combines a bachelor's degree with honors in Scientific Nutrition, nearly 25 years as a Registered Dietitian, and ten years of personal practice to simplify a healing diet for others. Because even the perfect diet is useless if it's not sustainable, this short guidebook is written with the emphasis on user-friendliness and practicality. First this book explains how food can create and reverse disease and it distills common threads of success across several healing diets. Then it demonstrates how you can easily incorporate healing habits into your busy lifestyle. Special segments discuss recipe-free meals, healing principles, and what to expect when healing naturally. The lists of foods, grocery stores, and restaurants make it easy for anyone to shop, cook, dine in restaurants, and travel on the path to remarkable results.

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Customer Reviews

"Earls uncovered a significant link between diet and autoimmune disease. The result is a profoundly useful and well-written book, Your Healing Diet." - Ellen Tanner Marsh, New York Times best-selling author "I recently purchased your book and really feel that it's the best book of its type. Other books make the prospect of an anti-inflammatory diet seem very daunting, expensive and inflexible... yours is the first that gives real-world, brand-name recommendations for on-the-go

meals as well as breaking down what to look for on labels. This really speaks to my lifestyle as I simply don't have the time to cook three meals a day." - Steve in Utah

This book was written for my Pop because I promised him that someday I'd write a book.

I read "Your Healing Diet" (the whole book) on vacation while on a plane ride and during the subsequent three hour car ride to the family cabin. It was my brother's book but I picked it up to check it out and could not put it down. I had recently been reading Dr. Mark Hyman's book, "The UltraMind Solution", and had done his recommended elimination diet. I learned a lot from "The UltraMind Solution". However, it took me almost a year to read. Why? Because it was 447 pages of complex, comprehensive, complicated, detailed material and not very easy to read. Perhaps "UltraMind" wouldn't be so difficult to read for some, but it was for me. I wish I had known that "Your Healing Diet" (a little book that I breezed through and enjoyed reading) would give me nearly ALL of the benefits in one day of reading that a book I struggled and labored to complete over many months gave me! My point? Read this book first! It is an easy to read book and has all of the essential information you need to begin using food to heal your body. It is wonderfully, gloriously, tremendously concise. Did I mention it was easy to read and CONCISE?! And the information inside this book WORKS. I am living proof. I had seasonal allergies for almost 20 years. Because my allergies were affecting my ability to hear I was told by my doctors that I needed to take an antihistamine (Claritin), a decongestant (Pseudoephed) and a double dose of nasal steroid spray (Flonase) during my worst seasons, and smaller doses year round. I wish I had known 20 years ago that changing what I ate could eliminate my allergies. 20 YEARS OF ALL THOSE DRUGS! ALL THAT TIME SPACED OUT AND LOOPY! As "Your Healing Diet" explains, changing what you eat can heal inflammatory and auto-immune conditions. But the author also explains the necessity of incorporating into your life ways to be more positive, ways to chill out and to reduce stress that will contribute greatly to your body's healing. It was hard to change what I eat but it is more challenging for me to manage stress. But I am working on it! And I love getting rid of the allergies and managing the psoriasis (got that too) without drugs. I can only imagine what other unknown benefits I am gaining (or other inflammatory issues I will now be avoiding such as arthritis) from using the healing diet. And if after reading "Your Healing Diet" you feel that you want to get deeper into the "food as medicine" and integrative medicine principals, read Dr. Hyman's "The UltraMind Solution". He's great. I love Dr. Hyman. But choosing to read "Your Healing Diet" is a smart, simple and effective way to get started NOW!

This small book is packed full of useful information. I loved it and use it as a handy-guide for eating "psoriasis-friendly" foods. This book, along with Dr. Pagano's "Healing Psoriasis," gave me the resources I needed to clear my psoriasis. After spending lots of money with traditional doctors, and getting nowhere with the condition, I am now a staunch supporter of fighting psoriasis from the inside out...not masking the problem with a bunch of ointments and nasty drugs. Thanks to these health "care" providers who have made the connection between diet and psoriasis.

This book was the complete answer to my prayers! I have been on this lifestyle diet for over a year and I have never felt or looked better! I have followed her recommendations and my skin has begun to heal itself. No creams or drugs....just good eating, water and exercising. I also have worked on my mental state as well. It is easy to be positive, when you feel so good. Everyone should be on some form of this lifestyle diet. It does take time. It was close to a year before I saw results in my skin, but the itching went away almost immediately for me. Such freedom!!!! Thank you Ms Earls for putting your wise thoughts on paper and sharing them with us. Buy a copy and change your life!!!!

I just wanted to drop you a line to say thank you again for your book and your knowledge. I spoke to you on the phone a few years ago when I was dealing with an overnight diagnosis of psoriatic arthritis. Pain, inflammation, limited movement, and psoriasis were among my severe symptoms. I am happy to say, I have taken your advice and while following it very imperfectly, I have seen incredible results. I have been off all medication for over a year. I have no joint pain, the swelling is gone, and just recently when I got very serious about removing gluten from my diet, my scalp and body are almost clear of sores. I am very grateful to have your book as a reference in my library and to get your motivating newsletters monthly.

Years ago I had a nutritional consultation with Deirde Earls over the phone about a matter regarding my son with autism. Her expertise and my implementation of it revolutionized my son's health. I'm very grateful to her for her knowledge and deep understanding. Just a few weeks ago, I came across this book written by her and ordered it right away. I have had issues with my skin for many years and really needed answers of how my skin could improve. This is a slender, compact book, and easy to read. I learned some new answers about how to improve my skin and allow my body to heal itself through food. The book does not disappoint and is a must-read if you're serious about improving your condition.

Good tips on eating healthy and working with health ailments.

Concise. To the point. Up lifting. Improves your health significantly. Very practical and safe book for psoriasis, read the book carefully, take notes and follow the book faithfully

Very interesting and comprehensive for someone who suffers from similar symptoms. Although I would have wished that the material was presented more professionally.

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