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Lichen Sclerosis Beating The Disease

Lichen Sclerosis
Beating the Disease

Ginny Chandoha

Helping Your Body Heal Itself Naturally
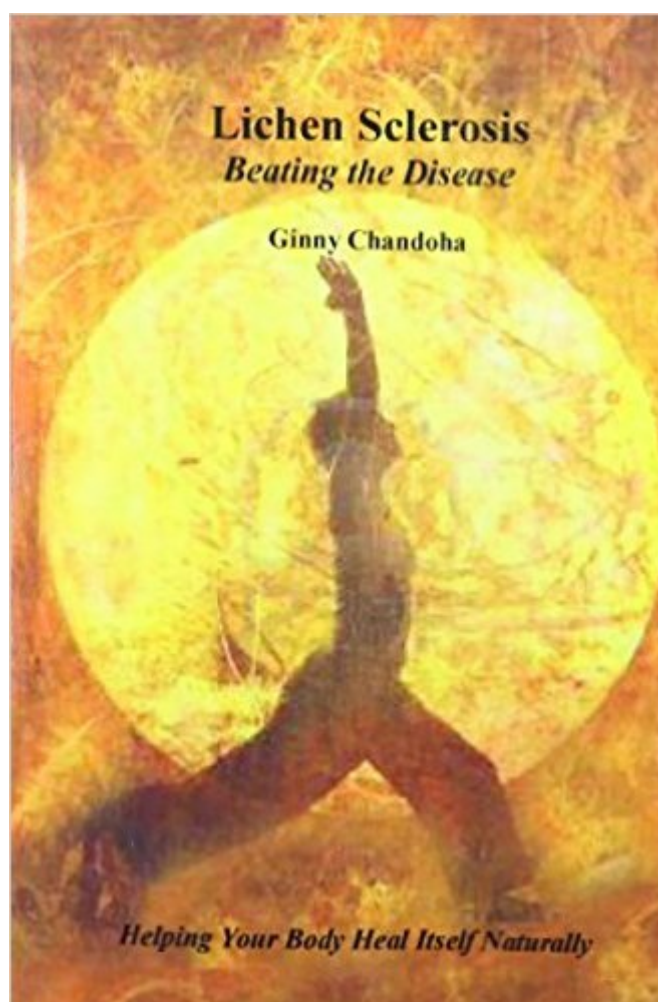
Synopsis

Ginny Chandoha hasn't just written a book about Lichen Sclerosis, it's also a book about what we in the naturopathic profession call "nature cure." If you remove the obstacles that prevent your body from working correctly, it will tend to fix itself. The mass of harmful substances that we put in and on our bodies is staggering. As Ginny points out, if you feed yourself well and quit dousing yourself in toxins, you will be well on your way to feeling better. And if you do have Lichen Sclerosis, read the entire book, because Ginny also provides details on how she cured herself using herbs and other therapies. In fact, I'm confident that her protocol will help people with many diseases, including other autoimmune issues. This could literally be a text book in the naturopathic medical curriculum. Its content is vast, deep, and well-researched. Although I've been involved in natural medicine for twenty years, I still benefit from periodic reminders about how to live well. This book is a strong reminder. I improved my diet and cleaning products immediately upon reading it. I thoroughly enjoyed this book, and read it again from cover-to-cover. It's one of those books every health care practitioner should read, and one that everyone would benefit from reading, and re-reading periodically. Steven Coward, ND Asheville Natural Health & Homeopathy

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Customer Reviews

A must read for anyone with any autoimmune disease! I've had fibromyalgia since the 80's, and LS that wasn't diagnosed until August of 2015. The best way I can endorse this book is with an excerpt from the email I sent to the author in December of 2015, which is as follows:I went to see my gynocologist this morning. Had to tell him I went off all prescription meds, including the clobetasol

and estrogen cream, on October 1st. Not surprisingly, he wasn't exactly thrilled . . . "You do know I'm trying to help you, right? Can't do that if you won't take the only thing that can reduce your symptoms. . . " So then I told him how much worse my legs got after my last appt with him in September, how I couldn't even get up steps without help, how I started slipping into depression and tried to combat it by doing research and joining a support group, and how I discovered your book that way. Explained what the protocol was about, and that I decided I had nothing to lose, so spent all of October ordering the nutraceuticals and supplements and transforming my house & kitchen into a ridiculously over-the-top organic one. He interjected that what you did made good medical sense, because toxicity either causing or greatly worsening auto-immune diseases is getting more and more serious consideration in the medical field. Then I told him I started the healing protocol on 11/7, and since then my blood pressure dramatically dropped, I've lost 16 pounds without doing any strenuous exercise (unheard of for me), my rosacea is completely under control with no meds, my severe muscle spasms have stopped entirely, the intense pressure in my head is completely gone, I sleep far better at night (6 hours in a row the other night!

In Lichen Sclerosis Beating the Disease the author discloses her full recovery from Lichen Sclerosis, her theory of what caused her illness, and how she developed the healing protocol that eliminated her auto-immune disease. While many self-help books detail someoneâ ™s recovery, this one includes case studies of others who have tested the theory presented in this book, completed the healing protocol, and also completely recovered from their illnesses. I am one of the case studies in Lichen Sclerosis Beating the Disease.One can go through life believing everything is okay and youâ ™re doing everything you can to lead a healthy life, only to become ill. I had gone to many doctors, had multiple tests done, and no one could explain my symptoms or help me recover from my declining health. While I did not have LS symptoms, what I did have were a myriad of auto-immune health problems so debilitating that I had to give up most of the things I enjoyed doing. I suffered with brain fog, joint pain, and extreme fatigue. The author is a long-time family friend, and after explaining her theory of the causes behind auto-immune diseases, the healing protocol she developed that helped her eliminate Lichen Sclerosis and regain her health, and asked if I would like to become a case study, I agreed. These are the same discussions she has included in the book and they just made sense to me. I followed her protocol to the letter. I must admit that I was skeptical initially and did not expect miraculous results, but when results did come I was surprised and delighted. It has been 4 years since I completed the healing protocol, am totally disease-free, and I continue to follow the healthy guidelines that are presented in the book.

Lichen Sclerosis Beating the Disease Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis What is a Probiotic, Probiotics against Obesity, Colon Cancer, Inflammatory Bowel Disease, Heart Disease, Multiple Sclerosis, Weight Loss, Cholesterol, Diabetes and Autism. Digestive Wellness Autoimmune Disease: Discover The Symptoms & Treatment of Chronic Pain & Genetic Disease (Musculoskeletal, Anti Inflammatory, Arthritis, Fibromyalgia, Multiple Sclerosis, Symptoms, Celiac Book 1) Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) Diabetes Cure: How to Reverse Type 2 Diabetes Naturally with Healthy Food, Diet, and Exercise (Diabetes Diet - Your Ticket to Beating this Disease Naturally and Effectively) Summary of Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity & Disease by Robert Lustig Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease A Practical Guide to Fecal Transplants: A Revolutionary Approach to C. Difficile, Ulcerative Colitis, Crohn's Disease, Dysbiosis, Multiple Sclerosis & More! Connective Tissue Diseases: Holistic Therapy Options--Sjoegrens Syndrome; Systemic Sclerosis - Scleroderma; Systemic Lupus Erythematosus; Discoid Lupus Erythematosus; Secondary and Primary Raynauds phenomenon; Raynauds Disease; Polymyositis Dermatomyositis Multiple Sclerosis, Mad Cow Disease and Acinetobacter Chronic Kidney Disease: The Ultimate Guide to Chronic Kidney Disease: Diet, Prevention, Early Detection and Fast Treatment! (Kidney Stones, Kidney Disease Solution, Kidney Health) Backyard Chickens for Beginners: Getting the Best Chickens, Choosing Coops, Feeding and Care, and Beating City Chicken Laws (Booklet) Beating Cancer with Nutrition (Fourth Edition) Rev Beating Cancer with Nutrition: Optimal Nutrition Can Improve Outcome inMedically-Treated Cancer Patients. Heal Breast Cancer Naturally: 7 Essential Steps to Beating Breast Cancer The Breast Cancer Patient's Survival Guide: Amazing Medical Strategies for Winning: A Natural Guide to Treatment of Cancer, Breast Cancer, Cancer and Nutrition, Beating Cancer and Fighting Cancer Living With Colon Cancer: Beating the Odds Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention)