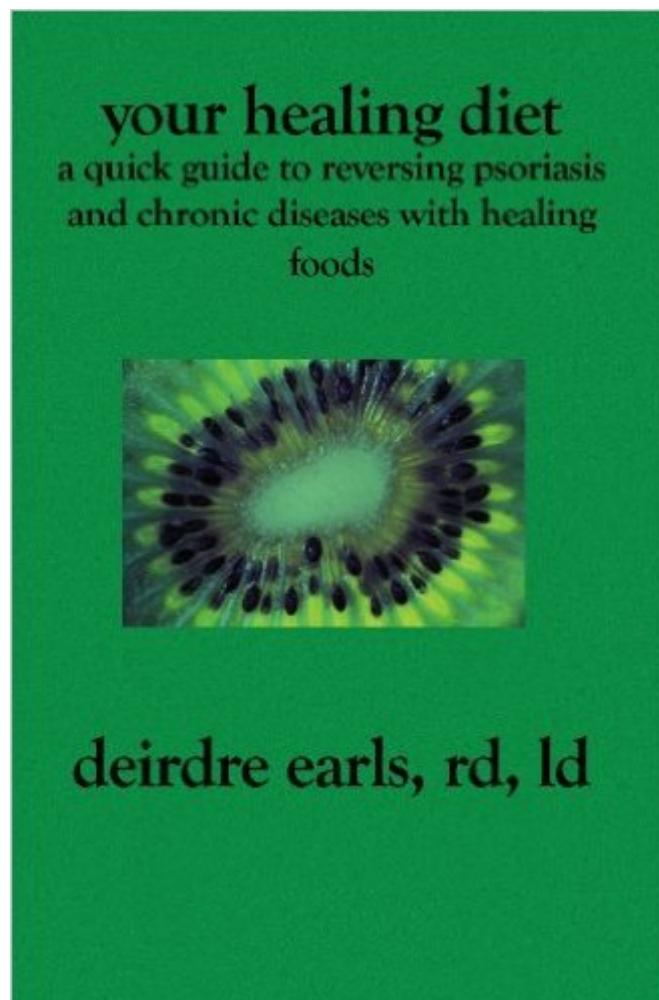


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# Your Healing Diet: A Quick Guide To Reversing Psoriasis And Chronic Diseases With Healing Foods



## 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.

## Book Information

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## Customer Reviews

I've had severe eczema all my life and have always been on one medication or another, or two or three... When I quit smoking six months ago, eczema flared up all over my body. I was literally scratching my skin off. I went to several doctors, each of them gave me the newest medication on the market for eczema, told me to try it and come back for something new to try if it didn't work. Nothing worked!! Determined to get off of prescription medication and seek a cure, not just a mask,

to the symptoms I've had all my life I met with Deidre. She recommended I try a whole foods diet for six months, no caffeine, no alcohol or processed foods. After five months on this diet, my skin has cleared up and I have quit taking all prescription medication with no side effects. I feel better than I have in years. Deidre's book, Your Healing Diet, is my little guidebook. I keep it out and refer to it when I need to remind myself that I am well because I am on a diet that promotes healing from within. I am so thankful that I've been able to take control of my health and don't have to rely on western medicine, but can actually heal myself by eating right. Deidre has been so supportive and encouraging. She is a valuable resource for people truly desiring to make a change in their lives to promote healing from within.

A year ago my husband was struggling with severe psoriasis with lesions covering 98% of his body. He lost all hope of healing when doctors told him that there was nothing they could do to cure him. Out of desperation I contacted my son who was instrumental in finding Ms. Earls. She gave us hope and started us on a healing diet which was our new beginning to a healthy lifestyle. Our family embarked on a team effort to support my husband, and in return we have all benefited from our efforts. Within weeks of following a healing diet we began seeing changes in my husband's skin and demeanor. Today my husband is 95% cured of psoriasis and shows no visible signs, no longer has high cholesterol or on high blood pressure medicine, and has lost 40 pounds. We continue to practice all that Ms. Earls recommends in her guide Your Healing Diet. Her practical approach makes the compact guide user friendly when shopping, planning meals, or doing expository reading. Our family has a profound gratitude for all that Ms. Earls has done for us. CF, Victoria, TX

I wanted to post a message out here to vouch for Deidre's professionalism and competence as a nutritional/dietician expert and special consultant for people with psoriasis and psoriatic arthritis. I am the support group leader for the Dallas/Fort Worth Psoriasis and Psoriatic Arthritis Support Group. We are a National Psoriasis Foundation affiliated support group and we have a Web site at [...] I founded the support group in the summer of 2003. We currently have 263 members and we meet monthly at two DFW area locations. I have had Deirdre up to speak to our group on two occasions. At both of those meetings we experienced our best meeting attendance ever and the group members were very appreciative of Deirdre's presentation and the information they received. Deirdre has continued to field questions from our group members and her motivation is sincere and her overall intent is to better the lives of people who must deal with this disease daily (as she does). I fully intend to ask Deirdre to come and speak to our group again in the future and I know she will

be warmly and appreciatively received. I personally consider Deirdre our best resource when it comes to treating psoriasis, psoriatic arthritis or any inflammatory disease for that matter from the perspective of diet and nutrition. Given her exceptional training and the fact that she is a patient herself, I don't think you could find a better resource anywhere.

The impetus for writing a book against psoriasis came from Deirdre Earls' own long and painful encounter with the skin condition. The dietitian from Texas chose a more natural way of tackling her problem by healing with diet instead of chemotherapy. Her book *Your Healing Diet* (BookSurge Publishing, South Carolina, 2006) gives dietary advice on coping with problems, including psoriasis, resulting from noxious food. Though Earls' book is a short one, mere 62 pages, it offers a simple and clear explanation of the anatomy of psoriasis and other diseased conditions in terms of food intake and digestion. Particularly informative and interesting are the author's description of human body's acid/alkaline balance, nutritional value of different food species, and comparison of natural versus processed food items. The facts sum up to the uncommon but wholesome principle of 'healing from the inside out' rather than 'healing only the symptoms from the outside in'. Earls puts forth her three central healing principles: diet, positive outlook, and outdoor activity. The brunt of her dietary commendation stands on fresh vegetarian food, discouraging flesh, fat, and artificial snacks. She shares her own culinary chart with the readers, caring for taste, which, to her, comes after good health. The real value of her work is latent in the power of motivation her words stir up in the reader. The many side effects of drugs are the horror of a patient. Knowledge of our natural nutritional treasure is essential to each and every person who is having health problems of any sort. Earls' short book comes close to achieving this aim. For Americans, or those visiting here, *Your healing Diet* is of practical guidance in that it has a list of stores where food of value can be purchased. Whether one is home or traveling, Earls' book is a good guide to better eating.

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