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GREEN & NATURAL Psoriasis Prevention & Treatment Recipes

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Normal, healthy skin is a beautiful sight, but many of us need a little help to keep our skin looking & feeling great. Psoriasis is one of the most common skin diseases treated by dermatologists. Prevention and treatment of Psoriasis begins with isolating your personal triggers and making the lifestyle changes necessary to help minimize the number and severity of flares that you experience. Once you have located the potential triggers of your psoriasis, you will have a better idea of how to treat and even prevent future flares. The recipes in this book have been compiled to help treat the symptoms of psoriasis and to potentially minimize the number and severity of future outbreaks. These recipes have been created for the use of people who are close to me. You can try the recipes as they are written, or refer to the ingredient guide in the back of the recipe book to see if an alternative ingredient might work better for your particular situation. Remember, each person will have a slightly different situation including triggers, skin type, environment, and genetic history. You should experiment to find the perfect solution for you! Natural care is about more than just using nature to solve a problem. Natural care is about CUSTOMIZING nature to solve your personal problem! Enjoy the included recipes and have a wonderful journey to more beautiful, healthy looking skin.

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