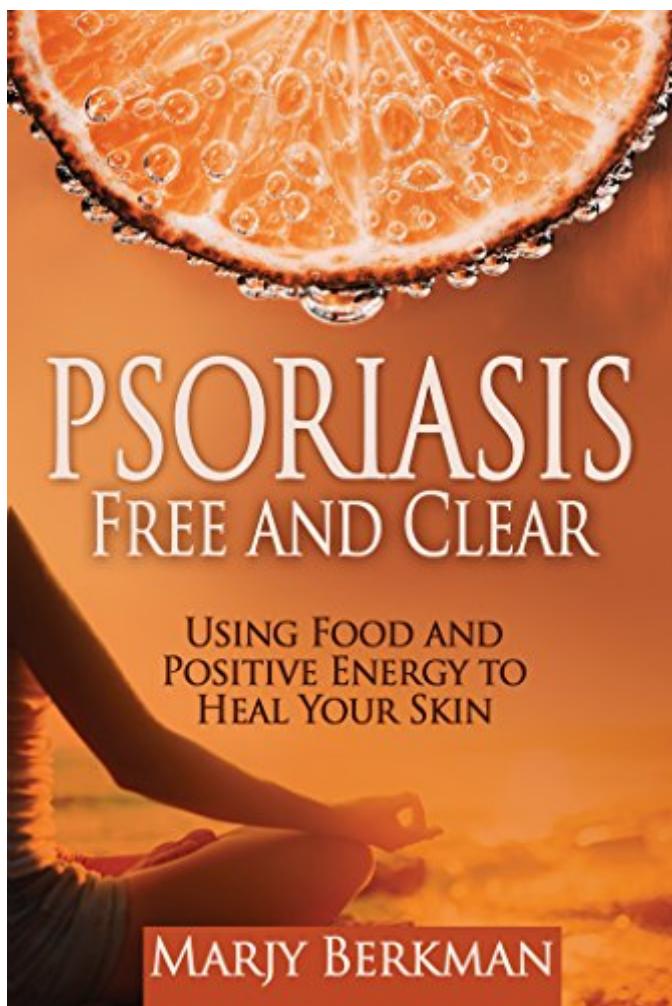


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# Psoriasis Free And Clear: Using Food And Positive Energy To Heal Your Skin



## Synopsis

Do you have psoriasis? Are you afraid it will never go away? This book is a hands-on guide that could help you clear your skin of psoriasis and/or find peace with your situation. After 23 years of focused research, experimentation, schooling and study, Marjy Berkman discovered how to clear her skin of psoriasis! She also overcame many other skin ailments through nutritional and lifestyle changes. Marjy is a certified clinical herbalist and certified nutritionist with over 15 years of experience consulting with people concerning health and wellness. Psoriasis Free and Clear will tell her story, how she cleared her skin, and offer many tools, tips, practices and recipes, to expedite the healing of psoriasis. In this book you will discover: A Nutritional and Supplement Guides to see what worked for Marjy to clear her skin and find inner peace. 4 daily practices to live by to support Emotional Healing. 8 powerful Empowerment Tools to take with you each and every day. A skin expert, Marjy understands the difficulty, struggles, and often despair when you have a skin disease. From the book: "Psoriasis: Free and Clear is not only about psoriasis and the steps you can take to help clear your skin but also about the massive potential that we have as humans to transform our lives. It is about how to thrive through excellent nutrition and connection to the spirit within. If you have psoriasis, this book can change your whole viewpoint of this disease and why it is in your life."

## Book Information

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## Customer Reviews

good information in book

If you suffer from psoriasis it's easy to feel hopeless, especially if medications don't help. Marjy Berkman has been in your shoes and in this book she opens her heart to share with you her journey to clear skin. She also shares her tremendous knowledge about diet and mind-body practices as alternatives to drugs. Marjy's book is not only kind and compassionate but also gives you real strategies for taking charge of your own healing.

A friend recommended I read this to help with my menopausal skin outbreaks which I've felt very self-conscious and hopeless about. It was really helpful on so many levels - skin, nutrition, spirituality, empowerment. The author shares her personal experience which is very inspiring in itself, but what I liked was that she continually encourages the reader to follow their own path. It's a quick read chock full of facts (I liked that she has some serious credentials, not just someone w/skin problems) and tips that I've already started integrating into my life. Definitely recommend!

I love this book! I suffer psoriasis, but It got better from this book. It feels good to hear your story, thanks for sharing

Such an informative work offering solutions that help improve skin health on every level! Brigitte Mars author of *The Country Almanac of Home Remedies*

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Many helpful tools offered in this, an all encompassing approach and very well written.

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