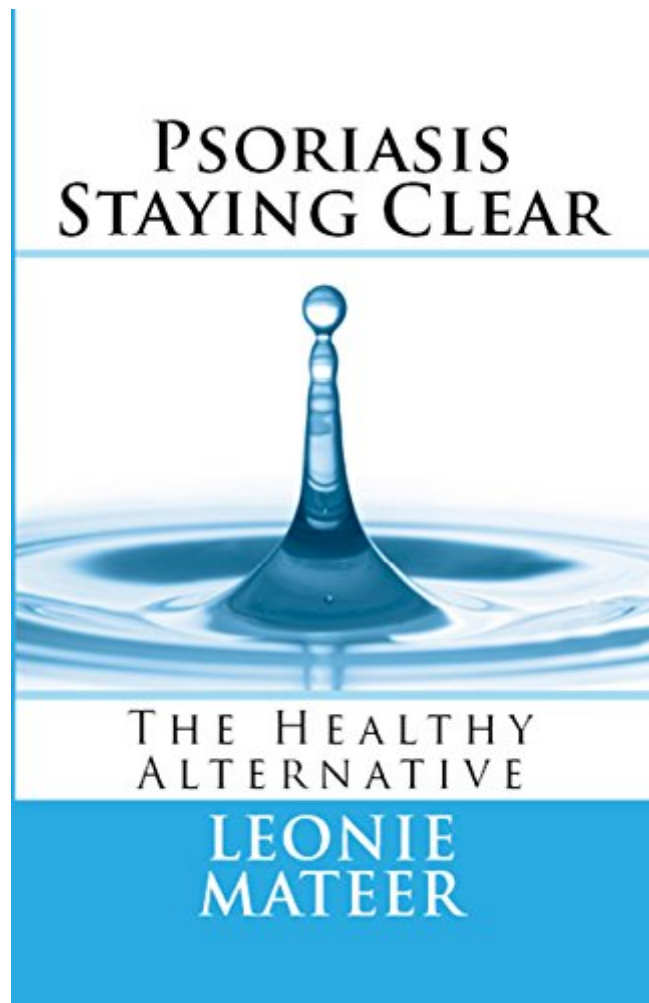




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# Psoriasis - Staying Clear: The Healthy Alternative



## Synopsis

Leonie Mateer continues her journey of staying psoriasis free with her new book "Psoriasis -Staying Clear. The Healthy Alternative." • Her experience over the past two years of having successfully cleared her skin of psoriasis has inspired her to share her knowledge of how she maintains her healthy skin on a daily basis with pertinent researched topics, tips, blogs and recipes. A great follow-up to her previous successful book "Psoriasis - The Simple Cure -Who Knew? And a must read or all psoriasis sufferers looking for a healthy way to obtain and maintain clear skin.A comprehensive collection of her "tried and true" healthy recommendations for clearing psoriasis include: • Psoriasis • Before and After • The • No No • List of Acidic Foods • How to test your pH levels • Baking Soda and Psoriasis • Moisturize for clear, healthy skin • Liquid Chlorophyll • the green healer • Traveling with Psoriasis • 10 Best Tips for Healing Psoriasis • Psoriasis Foods • What Heals? And much more • Ms. Mateer was a psoriasis sufferer for over twenty-five years. Red scaly plaques and spots covered 75% of her body - until she found a healthy alternative for • staying clear • of this disfiguring and socially embarrassing skin condition. This book is the sequel to "Psoriasis - The Simple Cure - Who Knew?

## Book Information

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