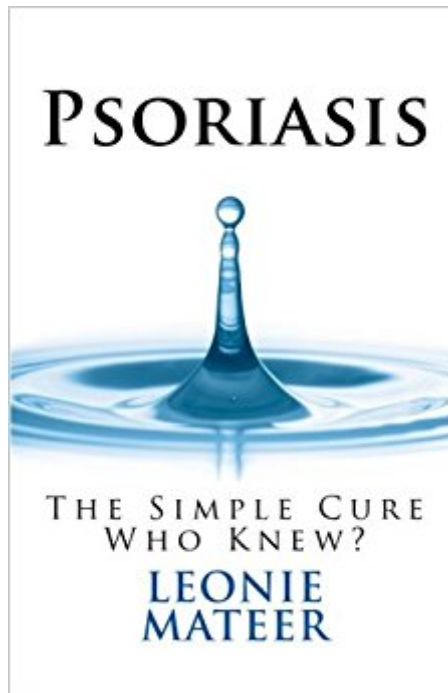




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Psoriasis: The Simple Cure - Who Knew?



Synopsis

Leonie Mateer tells her story with honesty and stark humility. Living with a socially and personally disfiguring disease, she offers her readers twenty-five years of research into how to eliminate the effects of plaque psoriasis. She tells of tried and tested cures from crystals, coal tar and ointments, to almost every drug available. She finally finds the cure in the most unexpected place. A must read for any psoriasis sufferer.

Book Information

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Customer Reviews

Leonie Mateer was born and raised in New Zealand, but moved to the United States in her 30s to pursue business opportunities. She lived back in New Zealand for several years in the 2000s, running a luxury lodge in Northland, and now splits her time between New Zealand and the USA. Mateer is known as a brand development expert, and has previously written business advice books. PSORIASIS â€œ THE SIMPLE CURE â€œ WHO KNEW? Is her first health and wellness book. She has also written THE AUDREY MURDERS â€œ a five book thriller series, starring Audrey, a serial killer living in idyllic small-town New Zealand. Other books include: THE MAGICAL WORLD OF DANTONIA (mid-grade), BLACK LAKE (mid-grade), THE CABOODLES BLUEPRINT (business advise) and READ YOUR OWN FORTUNE (spiritual/new age)

This is an interesting book. I have suffered from psoriasis for 17 years, along with psoriatic arthritis. I am willing to try anything to get rid of this harsh health problem. I am eating foods that Leonie has suggested. It has only been a month since eating the alkaline way. I notice some improvement.

Can't wait to finally get rid of psoriasis. Health problems take time to solve. We must be patient, and do what we can to improve our health. Glad Leonie is not suffering from psoriasis, and psoriatic arthritis. Thank you Leonie for writing this book. Have a good day. Mrs. C.....

Storytelling and healing advice in one book? Fantastic! And such an easy read, the text flowed with information AND humor... I read it in one sitting. My husband suffers from psoriasis, and I started out reading the book to help him find a natural cure... but found that I, too, can reap the benefits of this healthy approach to eating. So, within 24 hrs, I cleaned out our cupboards and stocked them instead with high-alkaline foods. My husband is on board with our new meal plans, and we are on our way to renewed skin and health. THANK YOU, THANK YOU, THANK YOU, Ms. Mateer, for doing all the research and writing this book to share the awareness!

Thanks

Well, I found out I'm doing things right for the most part-coffee & butter will have to go. Thankful she wrote this easy to read, quick reference guide. Will follow to the letter and hope it works for me like it did for her!

Ms Manteer has written a very good book! It is a short and to the point book about her personal experiences in 25 years of searching for a cure for Psoriasis. She presents her story with a touch of humor and then quickly and smoothly moves on to share the relevant information and material that she credits with giving her back her life. She writes in a clear and straightforward manner that makes her book easy to read and understand. Having been diagnosed with Psoriasis and Psoriatic Arthritis myself some 30 years ago, my experiences have been very similar to Ms Manteer. Two months ago, my Rheumatologist advised me that my current pH tests and those done over the past several years have consistently shown very high acidity. Ms Manteer's book and the information it contains is consistent with what I have found online in my own research on pH levels/high acidity. Using common sense and doing a little research of your own is always a good idea, especially before jumping in with both feet! This author has provided reference notations for the sources of her information and material, in case the reader would like to verify the information or would like to learn more on the topic. I have & will continue to recommend this book to family members, friends and acquaintances who have Psoriasis in the hope it will benefit them.

Thanks you for a short and simple solution. I will be giving this a try and hope it works for me also. I like the all natural approach .

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