



Your Healing Diet: A Quick Guide to Reversing Psoriasis and Chronic Diseases with Healing Foods

Deirdre Earls RD LD

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'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.

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