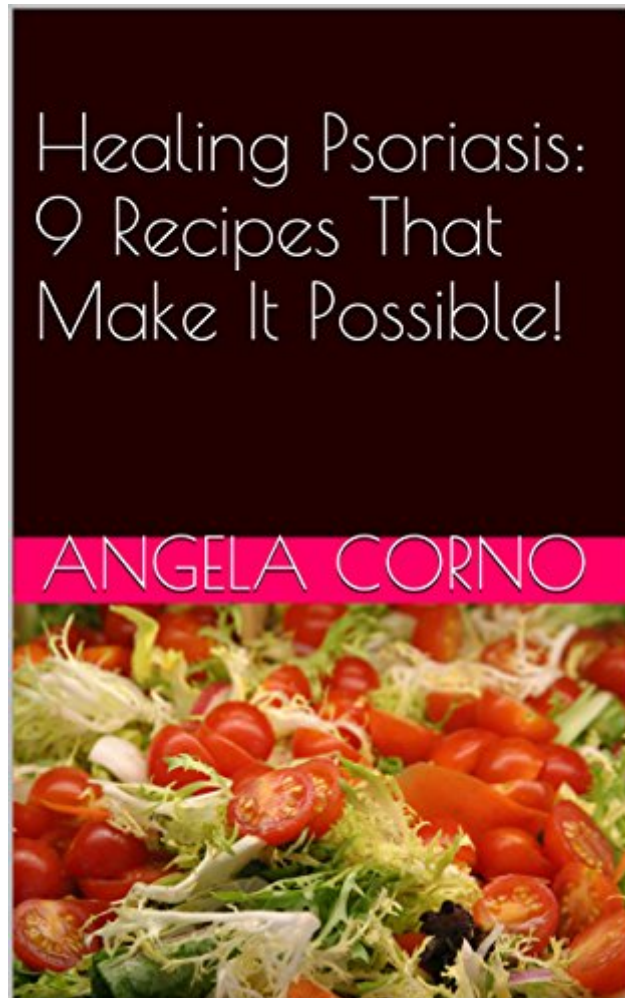




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# Healing Psoriasis: 9 Recipes That Make It Possible!



## Synopsis

Plagued by Psoriasis? Could the right diet have the solution? If you have suffered from psoriasis for any length of time, such questions must have come to mind. If not, then also, would it hurt to look around to solve this devilish problem? Difficulty in finding Pagano Diet Recipes I think not. In looking for solutions, I ran into Dr. Pagano's theory. And then I avoided the foods that were considered bad according to his theory and consumed more of the good stuff. Mainly fish, especially Salmon. The fact is that I did benefit from following his diet. The only problem is that unlike other diet regimens, there are not many cookbooks or places on the internet which provide recipes catering to "The Pagano Diet". I have tried to include recipes in this book which are in alignment with this diet. Although, an occasional slip here and there is alright. What will you learn and What are the Recipes offered? You will learn from this book, the list of common food items that are good and bad for psoriasis. Also, the following recipes are also contained herein: Cherry Quinoa Porridge, Gingerbread Oatmeal, Turkey Pasta, Roasted Sweet Potato Soup, Green Pea and Mushroom Risotto, Salmon Salad, Quinoa with Dried Cherries and Pistachios, Salmon Sandwich, Pasta with spinach

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