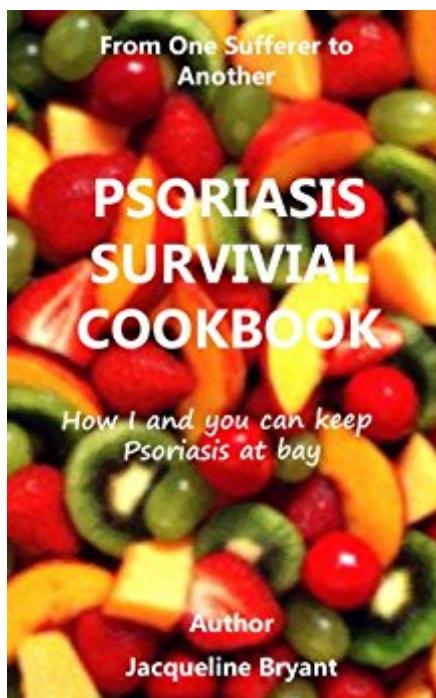


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# Psoriasis Survival Cookbook: How I And You Can Keep Psoriasis At Bay



## Synopsis

The Psoriasis Survival Cookbook has been created by chef and fellow sufferer to help others in their battle with Psoriasis. By making changes to your diet Jacqueline has learnt to control her Psoriasis for the last five years. By sharing her story and recipes she hopes fellow sufferers will also look at their diet. The recipes Jacqueline has created over the years are simple and easy to make. They won't cost the earth and the whole family will enjoy them too. Looking after yourself and healthy eating doesn't mean you have to compromise on flavour or make you feel like you are being deprived of good food. Nowadays, there is a huge choice of delicious ingredients that can be turned into a satisfying and nutritious meals and snacks, all that is needed is a little inspiration. Healthy eating doesn't mean you can't enjoy a snack or a dessert or two. The book contains over sixty delicious recipes to help you get started eating the right way.

## Book Information

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