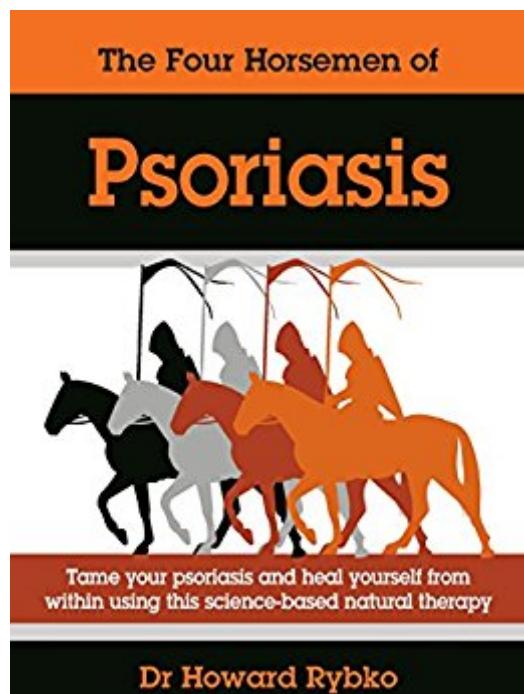


The book was found

# The Four Horsemen Of Psoriasis: Tame Your Psoriasis From Within. A Science Based Natural Therapy.



## **Synopsis**

Overcome your psoriasis. Heal yourself naturally. This step-by-step treatment plan is designed by a doctor who has 30 years of experience working on and suffering personally from psoriasis. Discover how psoriasis begins in the gut. Understand at last why skin and joint treatments using ointments, pills and injections, can never provide long-term relief. This natural therapy attacks the four cornerstones of psoriasis: Diet, Stress, Activity and Sleep. Gly-Mag Skin Treatment A novel skin treatment that uses the anti-psoriasis properties of two readily available, natural and safe compounds to restore normal skin. Expect Results You will be amazed at how much better you can feel. On this treatment, the pain from psoriatic arthritis will often vanish completely. Skin plaques, itching and scalp psoriasis will recede. You will have more energy, your mood will lift and your life will become enjoyable once more.

## **Book Information**

File Size: 23724 KB

Print Length: 242 pages

Publisher: Biohacks Guru; 1 edition (May 10, 2015)

Publication Date: May 10, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00XHQJS1G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,003,407 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #69 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Psoriasis #161 in Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Dermatology #224 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments

## **Customer Reviews**

Anyone whose suffering more than usual and has lost their way to feeling okay to good, a program to get into

Psoriasis is a horrible disease. Being an autoimmune disease the psoriasis sufferer feels betrayed by one's own body, with no success in managing the condition short of taking powerful (, and often expensive,) drugs. Thankfully Dr. Rybko, courtesy of his professional skills and personal experience (he has psoriasis), lays out a common sense approach in dealing with the disease through natural means (or to use his words, leveraging "the four horseman"). By focusing on primarily on diet, sleep, exercise and stress relief one can both improve one's overall health, reduce inflammation, and clear oneself of psoriasis lesions. He pays extra attention to diet and how a subpar digestive tract, especially issues with the gut, can affect the immune system. Hopefully readers of his e-book will take his advice and, together with their doctor's guidance, improve their health and clear their skin. However the book might be viewed as only a start. Each one of these "horsemen" is worthy of its own book. So some folks might wish for greater detail. Thankfully Dr. Rybko lists a few books in the back that does contain more information, especially with regards to diet. I can recommend Sarah Ballantyne's book on the autoimmune Paleo diet for a much more detailed explanation on diet/gut/immune system interaction. So for those who view psoriasis as a disease that can only be managed by a lifetime of meds I suggest giving this book a lookover. Meds are great as a fallback position. But isn't always better to manage a disease naturally one can?

Been struggling with psoriasis for 15 years. My medics have tried everything pills, creams, ointments and PUVA treatments. Nothing worked for long. They dont believe in diet, and think stress can only be treated with anti-depression pills. I am now completely drug free and sticking to the book. My skin got a lot better quickly, I just pray that it stays like this. Will write follow-up in 6 months.

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