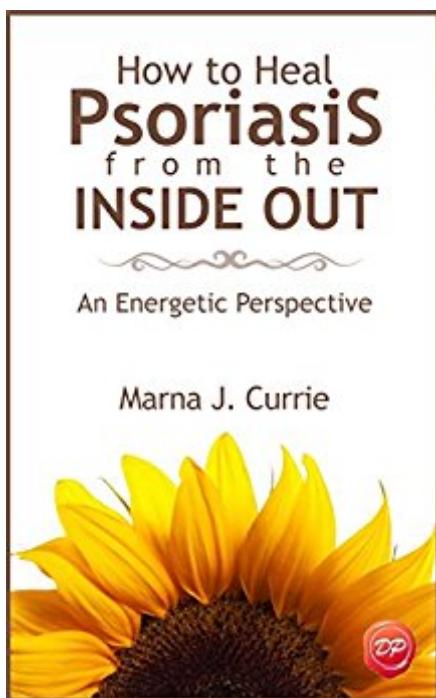


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# How To Heal Psoriasis From The Inside Out: An Energetic Perspective



## Synopsis

Find the Unique Cause of Psoriasis in YouHave you ever wondered why on earth you have psoriasis? What is causing it? Why you have tried everything and it just doesn't seem to shift on a long-term basis. Marna asked these questions all too often and came across some profound answers. Being able to understand yourself on a deeper level can make a real shift in physical healing. This book helps you dig in to deeper root causes of why you have psoriasis -- not only on a physical level, but, most importantly, on an energetic one too. This book is a great resource if you want to heal at the root cause instead of masking the symptoms. It truly dives into the mind-body-soul connection and why all three need acknowledgement if you want genuine results of clear soft skin. Diet, Ayurvedic techniques and energy medicine are discussed in a way no other source is offering for this particularly stubborn autoimmune condition. Marna walks the talk as an EFT Practitioner (Meridian Tapping), Yogalates teacher, Reflexologist and Author. In this book she acknowledges everyone is unique and encourages you to take a personal journey, offering powerful tools and techniques to Heal Yourself from the Inside Out.\*\*\*\*\*Advance Praise\*\*\*\*\*What a thorough and comprehensive book. I would definitely recommend this to anyone I know who has psoriasis. I learned a lot and found it a great resource for my clients in so many ways. Great to have Marna explain her journey through psoriasis and everything that she found to help her heal herself and discover herself from the inside out. A real "insiders"™ view. Thanks for putting such a great resource together.~ Jenny Johnston, Founder of Quantum EFT Marna is an inspiration to others. This is a must read for anyone who is suffering from psoriasis and wants to heal their minds, bodies and souls. It offers amazing resources and covers all aspects of healing in a gentle and informative way that is not overwhelming and intimidating.~ Cathy Hamilton, 7 Levels of Wealth Coach This is the best book on healing psoriasis of the 21st century, I highly recommend it for anyone suffering with this disease.~ Brittany Watkins, Founder of The Watkins Method tapping for weight loss. This book brings together the collective wisdom of complementary medicine to heal something western medicine has failed to.~ Adam Grossman, Founder of The Seaweed Bath Company

## Book Information

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## **Customer Reviews**

This book is a G-D send to me. I have suffered from chronic skin ailments since my mid 20s. The physical pain as well as the emotional and mental anguish cost me so much precious time and enjoyment of my life. I knew the answer was inside-out. Reading Marna's book made me feel understood and gave me tools to help me access the answers inside myself where the only answers doctors gave me included steroids that could permanently impact my well being. Marna, thank you. I expect your wisdom will make a tremendous positive impact on my life.

This book was such a surprise to me! The whole beautiful concept of healing "from the Inside-Out" opened my eyes to how we can really heal ourselves of anything if we practice this inside-out, mind-body approach to recognizing and changing our thoughts, and caring for our bodies. It's a fascinating read that I couldn't put down (and I don't even have Psoriasis!!). I recommend this book to anyone who has any ailment that is interrupting them from wholehearted living.

I don't have Psoriasis but I do have an Auto Immune Disorder. Because of this, the idea of healing from the inside out appealed to me. I've long thought that the condition could be healed without the kind of medicine I must take to keep Ulcerative Colitis under control. What I want

is a healing. Marna's book creates the environment for true healing

What a thorough and comprehensive book. I would definitely recommend this to anyone I know who has psoriasis. I learned a lot and found it a great resource for my clients in so many ways. Great to have Marna explain her journey through psoriasis and everything that she found to help her heal herself and discover herself from the inside out. A real "insiders" view. Thanks for putting such a great resource together.

I really resonated with all that was presented in this book. I've been battling psoriasis and am looking forward to trying out all the techniques and suggestions laid out here. At least now there's hope beyond the creams and ointments. Thank you Marna for writing this.

I thought the information on the natural treatments was excellent. I am a Christian and do not practice eastern religion or New Age practices so half of the book was not useful to me.

This book is brilliantly written easy to understand and very well researched. The author explains in great depth the link between the body and spirit connection which is generally overlooked in day to day life.

I'm a HUGE fan of EFT and the whole heal your emotions to heal your life mentality. Thank you Marna for bringing this wisdom to a chronic and supposedly "incurable" condition! This will help MANY people!

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