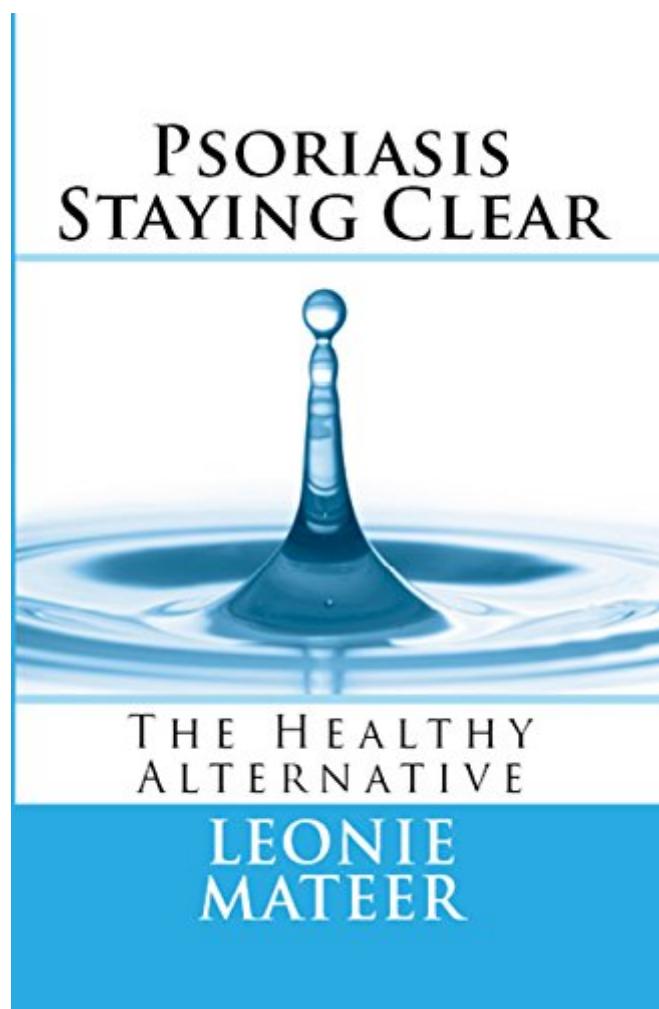


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# Psoriasis - Staying Clear: The Healthy Alternative



## Synopsis

Leonie Mateer continues her journey of staying psoriasis free with her new book "Psoriasis -Staying Clear. The Healthy Alternative.â • Her experience over the past two years of having successfully cleared her skin of psoriasis has inspired her to share her knowledge of how she maintains her healthy skin on a daily basis with pertinent researched topics, tips, blogs and recipes. A great follow-up to her previous successful book "Psoriasis - The Simple Cure -Who Knew? And a must read for all psoriasis sufferers looking for a healthy way to obtain and maintain clear skin.A comprehensive collection of her "tried and true" healthy recommendations for clearing psoriasis include: â ¢Psoriasis â “ Before and Afterâ ¢The â œNo Noâ ™â • List of Acidic Foods â ¢How to test your pH levels â ¢Baking Soda and Psoriasisâ ¢Moisturize for clear, healthy skin â ¢Liquid Chlorophyll â “ the green healer â ¢Traveling with Psoriasis â ¢10 Best Tips for Healing Psoriasis â ¢Psoriasis Foods â “ What Heals?And much moreâ |. Ms. Mateer was a psoriasis sufferer for over twenty-five years. Red scaly plaques and spots covered 75% of her body - until she found a healthy alternative for â œstaying clearâ • of this disfiguring and socially embarrassing skin condition. This book is the sequel to "Psoriasis - The Simple Cure - Who Knew?

## Book Information

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