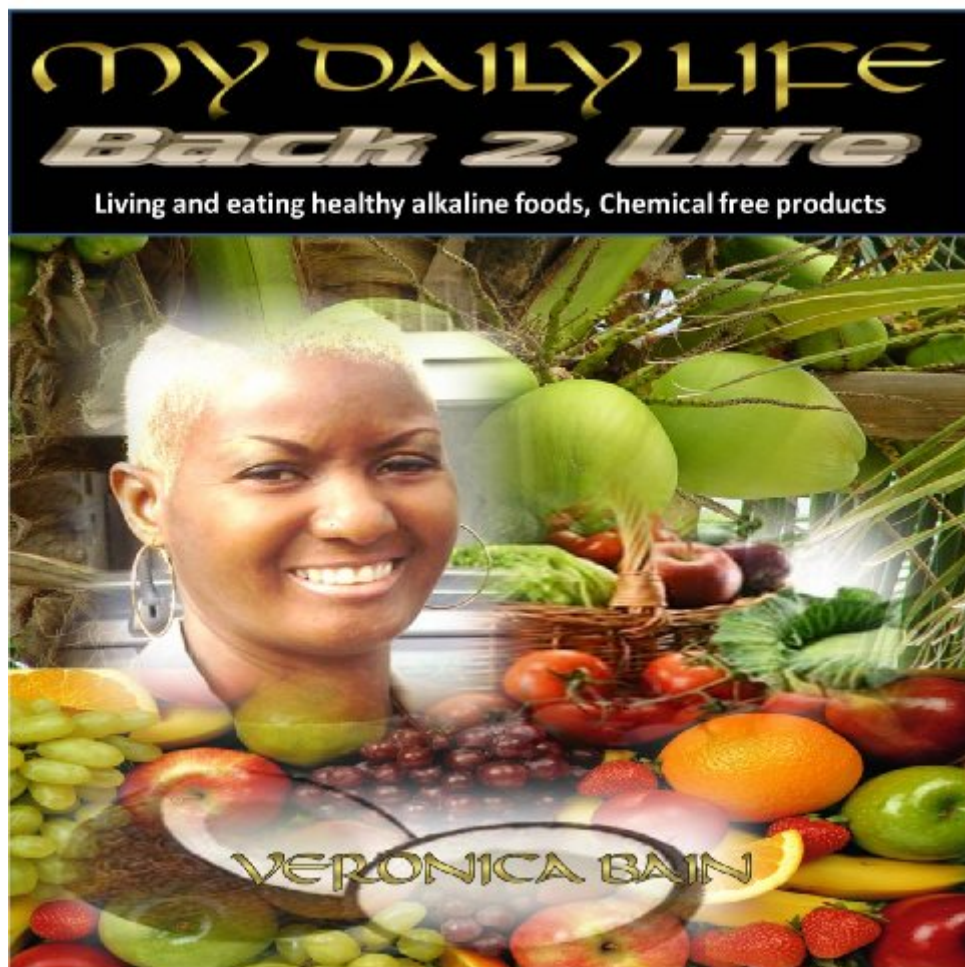




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My Daily Life: SAVING MY LIFE OF SCLERODERMA THROUGH EATING AND HEALTHY HABITS



Synopsis

I have scleroderma but Scleroderma do not have me. Scleroderma is a rare connective tissue disease that can cause hardening of the skin, decreased circulation, and deformation of the fingers and tightening of the mouth, along with kidney, heart and lung failure. This disease is not curable or treated. For this reason, there is extensive research in progress at the Scleroderma Foundation. Scleroderma is why I changed my eating habits to only include alkaline foods. I had to save my life. Alkaline is an improved form of dry cell using a base or alkali, at the electrolyte and its substances usually have a PH level that is greater than 7 on the PH scale. In short, it means that I eat healthier, all natural foods. I try my best to only eat organic and non-genetically modified organism (GMO) foods. I had to beat the addiction of sugar and fried foods. When I realized what my eating was doing to me, I stopped. I wanted to live - to help myself and others. I also wanted to see my daughter get married and have a happy and fruitful long life with my grandchildren, to have opportunities in life and for me to help raise them. I found out during my research that all these sicknesses come from inflammation. If we eat alkaline foods, we can avoid sickness. Please let us start NOW. I am not a doctor or dietician. I just want to say before I get started that what works for me might not necessarily work for you. You never know until you try it.

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Customer Reviews

I cannot thank this lady for writing this book enough. When my grand=daughter 9 years old, was diagnosed, I just wanted to curl up and die. The usual questions arose 24/7. I had not heard of the word until the dreaded day of the diagnosis. There is not much research on Scleroderma. I am a great believer in very practical terms, experience based in Ayurvedic medicine and food being a good medicine. A stunningly beautiful 9 year old, my heart beat, my happy ending on chemotherapy???? Oh my word! My daily Life is a brilliant title because I was looking to get through one day at a time. As time has progressed, ginger and turmeric as well as the mild chemotherapy which she must endure has done its magic. This book reaffirmed my common sense, my determination, my belief that a great healthy diet plus medicines for now will save my grand-daughter's life. As the writer says: "I have scleroderma. Scleroderma does not have me." I have made my grand-daughter repeat, believe, think and absolutely live by that. We eat fresh and healthy and exercise everyday. Thank you Veronica for writing this book.

I know this is about her life but really the wording is horrible! Didn't anyone proofread this before publication? I wasted my money!!

This book has a lot of new great recipes that everyone should be willing to try, specially for the sake of becoming healthy. Definitely recommend.

Excellent book

The Best Book Ever... IT IS A LIFE SAVER

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