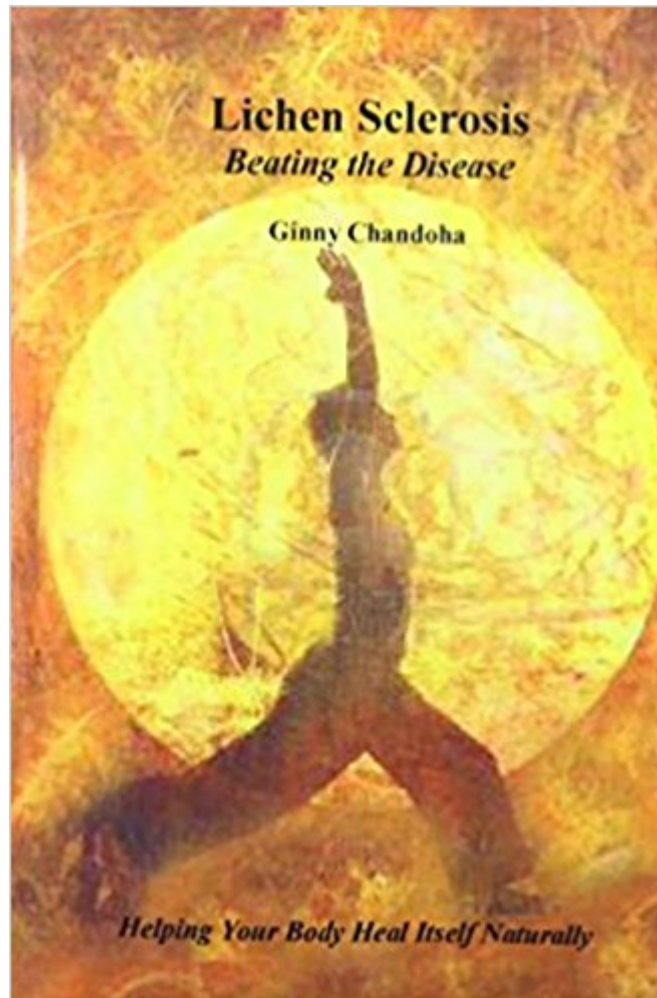




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# Lichen Sclerosis Beating The Disease



## Synopsis

Ginny Chandoha hasn't just written a book about Lichen Sclerosis, it's also a book about what we in the naturopathic profession call "nature cure." If you remove the obstacles that prevent your body from working correctly, it will tend to fix itself. The mass of harmful substances that we put in and on our bodies is staggering. As Ginny points out, if you feed yourself well and quit dousing yourself in toxins, you will be well on your way to feeling better. And if you do have Lichen Sclerosis, read the entire book, because Ginny also provides details on how she cured herself using herbs and other therapies. In fact, I'm confident that her protocol will help people with many diseases, including other autoimmune issues. This could literally be a text book in the naturopathic medical curriculum. Its content is vast, deep, and well-researched. Although I've been involved in natural medicine for twenty years, I still benefit from periodic reminders about how to live well. This book is a strong reminder. I improved my diet and cleaning products immediately upon reading it. I thoroughly enjoyed this book, and read it again from cover-to-cover. It's one of those books every health care practitioner should read, and one that everyone would benefit from reading, and re-reading periodically. Steven Coward, ND Asheville Natural Health & Homeopathy

## Book Information

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## Customer Reviews

This is for everyone with any kind of autoimmune disorder, or for that matter everyone should read this book. Its very informative and you can start eliminating all the toxic ingredients all your products and food. If we don't buy these products maybe they will stop making them. Go green and live a

longer, healthy life. Read this book!

I finished reading the book last night and will spend the coming week getting organized and accumulating what I need to follow the protocol. It makes a lot of sense. I'm hopeful for the first time since I got diagnosed with this hideous, obnoxious condition. That said, I wish she had worked with a professional editor. The nuggets of actual guidelines/advice are just that: nuggets that you uncover by digging through page after page of dense information about what's wrong with our foods, cosmetics, water, the environment, etc.--all stuff any intelligent, aware individual in today's world already knows. Maybe not every detail, but yeah -- I got it; we're swimming in a toxic sea. I JUST WANT TO KNOW WHAT TO DO. That's why I got the book. And she does tell us, but good lord, it takes work. When she finally just summarizes the actual protocol for us, it really is just a summary. We are required to go back and find, for example, details of the soak. A good editor would have helped her organize this so that the steps of the protocol are presented in a logical, straightforward fashion and enumerated sufficiently so that the reader could fairly easily start adhering. All the stuff about how toxic everything is could have been presented separately. Getting the information you actually need from this book is a lot of work. She could redo this (working with a pro) and transform millions of lives. But most people just aren't going to have the patience. I have to say I'm glad I did. And do I look forward to implementing her advice.

The information in this book is like gold and will literally turn your life around. Our daughter, now 11, had Lichen Sclerosis for more than four years before she was diagnosed. We had tried every conventional method to help our daughter with no results. Years went by with no relief as her condition deteriorated. She was unable to sit, outdoor activities were minimal because she could not sustain any type of activity. Some days she couldn't wear underwear because her skin was so raw. Bathroom functions caused her to scream in pain. Besides the LS, she had many colds, ear infections, not a year went by that she didn't have at least three courses of antibiotics. When we discovered the information and healing protocol presented in this book, our daughter was 6. At first we were tentative, afraid to take our daughter off all of her medications for fear she would get even worse, but we took the leap of faith, and never looked back. The healing protocol is 100% safe, non-chemical, and non-toxic. The protocol seems complex initially, and a complete change in the way we perceive, and do things, seems hard at first, but it becomes easier, especially when you see the results they produce. Within only 4 months of starting the healing protocol, our daughter's life had completely changed for the better. She had no

soreness, no itching, no white spots, no skin tears. In fact, her skin had become very healthy. Within eight months into the protocol (it's a year long), our daughter was discharged as a Lichen Sclerosis patient by both of her doctors. Today our daughter does everything a normal 11-year-old does. She rides a bike, swims, dances, plays in the park, and does all of the activities she always longed to do, but couldn't. She is also the only child in her class who was not sick during the entire school year. Our heartfelt thanks to Ginny for sharing her knowledge so that more of us can lead happy, healthy, normal lives again. We salute you.

A must read for anyone with any autoimmune disease! I've had fibromyalgia since the 80's, and LS that wasn't diagnosed until August of 2015. The best way I can endorse this book is with an excerpt from the email I sent to the author in December of 2015, which is as follows: I went to see my gynecologist this morning. Had to tell him I went off all prescription meds, including the clobetasol and estrogen cream, on October 1st. Not surprisingly, he wasn't exactly thrilled . . . "You do know I'm trying to help you, right? Can't do that if you won't take the only thing that can reduce your symptoms. . . ." So then I told him how much worse my legs got after my last appt with him in September, how I couldn't even get up steps without help, how I started slipping into depression and tried to combat it by doing research and joining a support group, and how I discovered your book that way. Explained what the protocol was about, and that I decided I had nothing to lose, so spent all of October ordering the nutraceuticals and supplements and transforming my house & kitchen into a ridiculously over-the-top organic one. He interjected that what you did made good medical sense, because toxicity either causing or greatly worsening auto-immune diseases is getting more and more serious consideration in the medical field. Then I told him I started the healing protocol on 11/7, and since then my blood pressure dramatically dropped, I've lost 16 pounds without doing any strenuous exercise (unheard of for me), my rosacea is completely under control with no meds, my severe muscle spasms have stopped entirely, the intense pressure in my head is completely gone, I sleep far better at night (6 hours in a row the other night! -- haven't done that since childhood), the eczema on the back of my legs and on my chest is gone, and best of all, the fibromyalgia is entirely gone from my upper legs (pounded them to demonstrate their amazing normalcy), meaning that I can now walk as far as I want and run upstairs!, and that it's reduced about 50% from my upper arms. He was very impressed with the list of improvements, but said he doubted it could do much for the LS, and that it was okay with him if I continued on the protocol only if the LS didn't show any signs of getting worse. I said I wasn't expecting any improvement at this stage, but that I also was hoping that it at least hadn't gotten any worse, and if so, that was victory enough for now. So then

he examined me and his head snapped up immediately. "OMG, I don't believe what I'm seeing! Not only has the LS receded to only a small spot where the skin is very thin and still slightly white, but there is no inflammation at all, and all the skin tissue surrounding it is entirely normal skin!" Of course I erupted in cheers! He kept shaking his head, saying he had never seen anything like it before, that generally the best case scenario was a reduction in the inflammation, not the skin becoming completely normal. Then he wanted to know the title of the book -- says he's ordering it and will read it, because he has several LS patients who could greatly benefit from it. Needless to say, he completely endorsed me being on the protocol and wants me to see him every three months so he can see how it goes from here. Since that email, I am continuing to improve and have every hope that I will experience a complete cure of both of my "incurable diseases". I now believe that fibromyalgia and Lichen Sclerosis (and probably most other autoimmune diseases) are not only not "incurable", but aren't really diseases. I think they're symptoms, not diseases -- symptoms of a compromised immune system, and that when you eliminate as many toxins as possible from entering the body, and use nutraceuticals to eliminate the ones trapped inside the body, the freed immune system can finally do what it was so excellently designed to do . . . . heal us from within. That is what Ginny's healing protocol is all about, and the proof of it is in those of us who have experienced healing by following it. I could not endorse this book more wholeheartedly. If you have an autoimmune disease, following the protocol outlined in this book is the best possible thing you could do for yourself. You have nothing to lose and everything to gain. At best, you'll experience healing. At worst, you'll be far healthier and better able to deal with your symptoms. If you don't have an autoimmune disease, it's a book full of excellent advice on achieving a healthier lifestyle in a world that is becoming increasingly toxic to our health. Any way you look at it, it's a total winner!

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