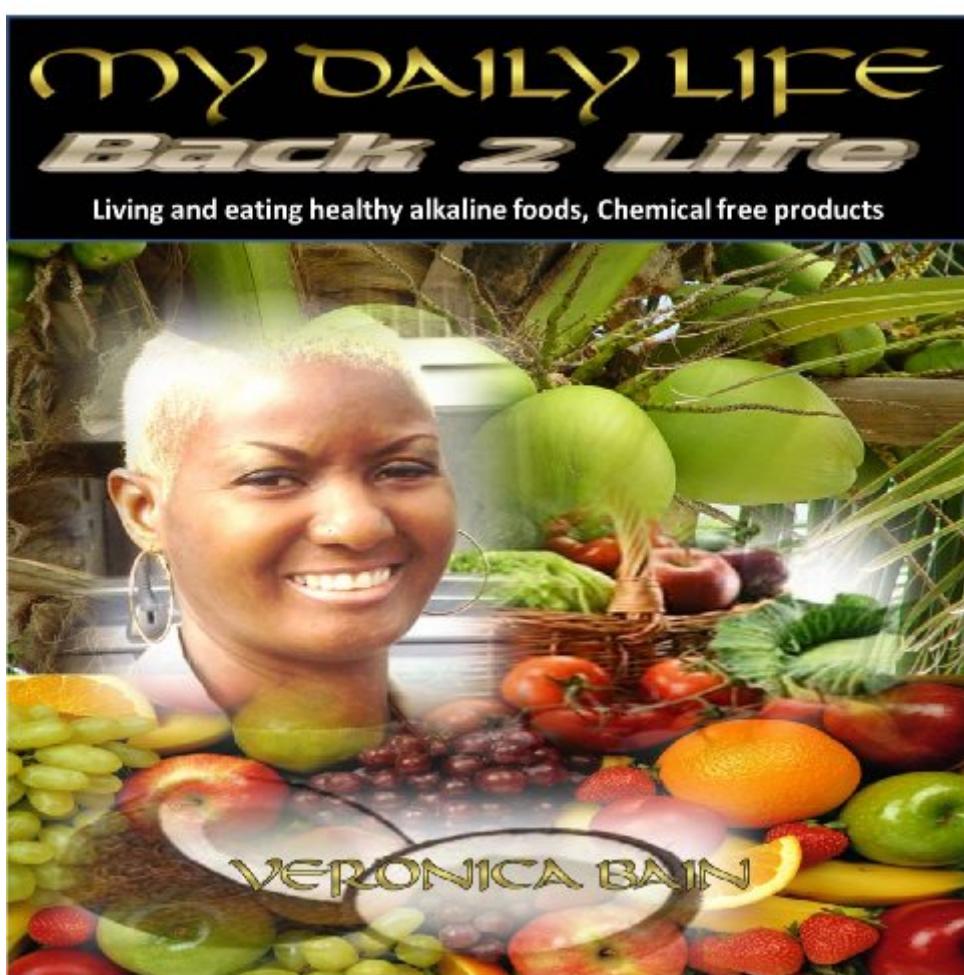


The book was found

# 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.

## **Book Information**

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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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you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Daily Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily Rituals, Daily Routine Makeover, Productivity Book 1) Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,) Rich Habits: The Daily Success Habits of Wealthy Individuals Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Hope Through the Darkness: How to get control of your life and be optimistic even when the diagnosis is scleroderma Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) The High Fiber Cookbook: Over 50 Delicious Recipes for Healthy Eating (The Healthy Eating Library) Instant Pot Cookbook: The Ultimate Healthy Delicious Recipes Cookbook ( (Healthy Eating, Slow Pressure Cooker Recipes Book, Clean Eating, ) Quit Binge Eating Habits: Compulsive Eating Help with Hypnosis and Meditation Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys â “ Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Habits: Easy Habits for a Better Life. (Life, Business, Success, Habit, Happiness) Baby Self-Feeding: Solutions for Introducing Purees and Solids to Create Lifelong, Healthy Eating Habits (Holistic Baby) Baby Self-Feeding: Solid Food Solutions to Create Lifelong, Healthy Eating Habits (Holistic Baby)

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