



How I Healed Myself From Vitiligo: A Step-by-Step Guide on How to Naturally Heal Yourself

Gary Giovanni

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A step-by-step guide on how I healed my vitiligo and you can too.

This is not a heal-quick remedy that leads you to a medication or other false promise.

How I Healed Myself From Vitiligo is the detailed account on how I and hundreds of my readers have been able to both stop and heal our vitiligo naturally. I do give recommendations on some medications that I have used, but if I could go back and do it over I would not use them and instead be patient and allow the natural remedies to take their course. The process is simply a specific diet that I followed along with natural herbs that are available to everyone, reducing stress and practicing exercises both mental and physical.

My website: www.howihealedmyselffromvitiligo.com gives you all the information without the need to buy the book. If you would like to read my story and know every detail of how I did it. Here it is.

I wish everyone a happy healing journey, one in which you come away with the lessons meant to be learned, and continued health.

Email me: ermiasgiovanni@gmail.com to purchase the book at a discount, updates, questions, concerns and some of my new opinions.

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Robert Shaw:

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Walter Son:

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Richard Oneal:

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