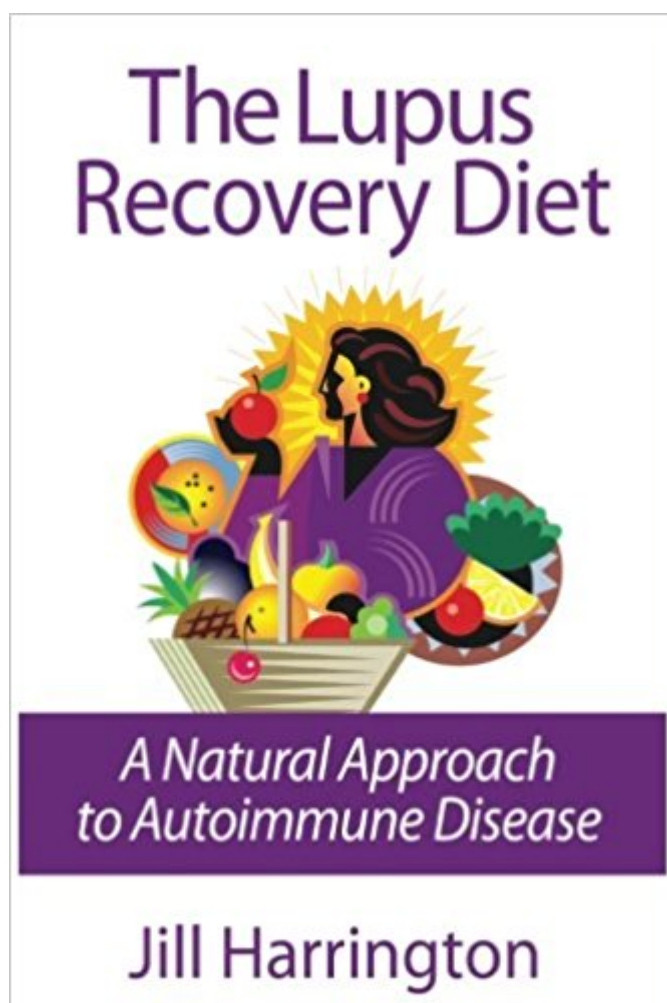


The book was found

The Lupus Recovery Diet: A Natural Approach To Autoimmune Disease That Really Works



Synopsis

In 1995, Jill Harrington was searching for relief from the pain and fatigue of systemic lupus, an autoimmune disease. Her joints were swollen and painful, and she could barely walk. Her knuckles and fingers were so inflamed that she couldn't even hold her husband's hand. She could not accept that she'd have to live this way for the rest of her life. After years of searching, she finally found doctors who taught her that your diet and lifestyle can dramatically affect autoimmune disease. Jill has now been free of lupus symptoms for over 17 years. After years of being pain free, she wrote this book to share her story with others. She also includes the stories of 11 other people who, after similar diet changes, also got dramatic results with their lupus, rheumatoid arthritis and fibromyalgia. Jill has now heard back from hundreds of people who rave about how much better they feel. The book includes details of the program and easy recipes.

Book Information

Paperback: 211 pages

Publisher: Harbor Point Publishing; 1st edition (2007)

Language: English

ISBN-10: 0975870718

ISBN-13: 978-0975870716

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 87 customer reviews

Best Sellers Rank: #387,404 in Books (See Top 100 in Books) #11 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus #26 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #1757 in Books > Health, Fitness & Dieting > Women's Health

Customer Reviews

Gift for friend diagnosed with lupus. She loved it

This book provides valuable information and it is a quick easy read. This is not an easy diet to follow but it does work. I believe it is because you start eating nourishing whole foods and avoid processed garbage that may be cluttering your system and preventing you from getting better. The issue with not eating meat is controversial but even if you don't believe in it long-term, when your body rests from digesting heavy foods like animal protein, it has more of an opportunity to work on healing. It is

incredible how after just 2 days of following the diet, my inflammation and pain goes down considerably and as soon as I start on my old habits, the pain returns. This is a challenge for me but I plan to continue eating this way until my body heals and I am off prednisone, then I will probably introduce wild caught salmon and occasional grass-fed beef and organic meats very sparingly. All you can do is make it work for you. This is an infinitely better way to try to manage an autoimmune disease than being on damaging steroids and immunosuppressive drugs.

I have found this book to be extremely helpful. Although, if taken word for word could be a bit extreme, the basic ideas are very sound. I have tried several of the recipes and they are quite good. Eliminating dairy, white flour and sugar has not only lessened joint pain, but has also helped reduce sinus inflammation. I was a vegetarian and am now a vegan. It has been easier to eliminate the cheese, yogurt, eggs, et., than I thought, especially when the results is feeling better. Interested in long-term benefits/effects.

Keep in mind that not just Lupus is discussed here. Other autoimmune disorders are included like RA. Overall, I like it.

My long time friend expressed wanting a book on Natural Diets for Lupus, so I purchased "The Lupus Recovery Diet" for her. She is well pleased, saying, "It is just what I was looking for".

Really great informational book for medical and non-medical readers to educate themselves on how to manage lupus. I purchased this book for a friend who was recently diagnosed with lupus and has very poor eating habits. Especially, with a large daily intake of sugar.

I do not have Lupus but found the reading to be so very interesting. I know several people that do have Lupus and have loaned them the book hoping the information will be of good value to them.

Bought for a friend - she found it very informative.

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