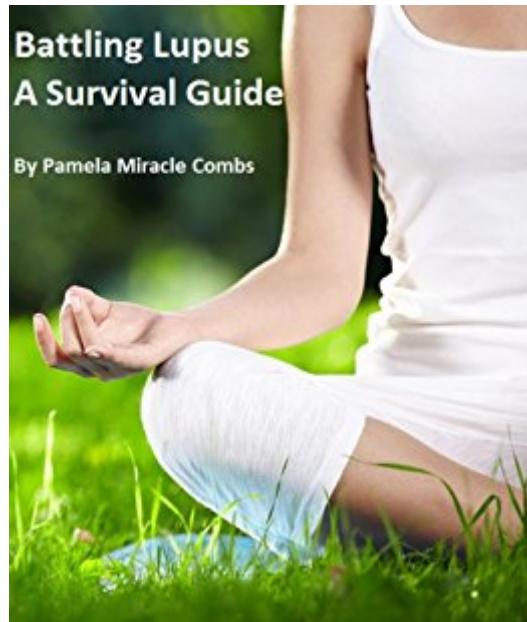


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# Battling Lupus A Survival Guide



## **Synopsis**

Lupus is a life threatening illness, but there seems to be a lack of resources out there detailing basic nutritional and lifestyle information that could ultimately save a person's life. This book goes through the necessary changes that a survivor of the disease made to her life, giving the reader several examples so that they can improve their quality of their own lives. This is a short book of hope for those willing to do a lot of work.

## **Book Information**

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> Immune Systems #383 in Kindle Store > Kindle Short Reads > 30 minutes (12-21 pages) >  
Health, Fitness & Dieting

## **Customer Reviews**

I really liked this reading. 20 something years with Lupus, have read a lot of literature on the condition. Initially literature was depressing and dark. Now days, book like this give hope and strategies based on research, intimate experiences and sincerity to other Lupis. Thank you for this great tool kit.

I been BLESS 3 - 4 years Rheumatoid Arthritis. Now bless LUPUS LUPUS LUPUS, I said LUPUS

ABOUT 1 year. Did I mention BREAST CANCER SURVIVOR About 4 years ago. Triple whammy, yes TRIPLE WHAMMY. Book battling Lupus, easy read and understand, love the title, SURVIVAL.!!!!Each day we live, make another day, we live pain, smile pretty, cry on the inside. We SURVIVAL.MARY

Thankful I didn't pay but .99 for this ebook. It didn't really tell me anything that was helpful. Basically, less stress, exercise, laugh, and a grocery list that was scrambled. Also, there's not way this book was 20 pages. Save you 99 cents. If you have lupus, you already know more than what this book gives you. Totally disappointed.

This book is very short but very helpful. I gained alot of knowledge about what to eat and other important aspects concerning lupus. I thank the writer for this book.

After having been recently diagnosed with Lupus (though for years have suffered from other skin conditions e.g. psoriasis), this leaflet did little to bring any new information. For those who know absolutely nothing about Lupus then perhaps it might be useful.

Easy read! Provides comprehensive nutritional guidance for those living with Lupus to follow & understand. Clearly explains the reasoning behind why certain foods even contribute to some symptoms. Highly recommend reading.

A. This is not far book! It is about 8 pages of VERY simplistic advice from a person suffering from lupus. It is mostly common sense that most lupus people know. Getting the diagnosis is the most difficult part. Her best advice was to get a rheumatologist who scan monitor your illness.

This is a total waste of your money and time. Doesn't deserve a star.

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Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Battling Lupus A Survival Guide Battling Lung Cancer With Nutrition (Battling Cancer With Nutrition) (Volume 2) The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for

Beginners, Survival books) A Beginner's Urban Survival Prepping Guide: Basic Urban Self Defense Guide And Survival Tips in the Prepping Urban Environment(The Prepperâ™s Urban survival ... A Beginner's Urban Survival Prepping SURVIVAL: Survival Pantry: A Prepperâ™s Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) Coping With Lupus: A Practical Guide to Alleviating the Challenges of Systemic Lupus Erythematosus Coping with Lupus: A Guide to Living With Lupus for You and Your Family The Lupus Guide: An education on and coping with Lupus The Lupus Diet Plan: Meal Plans & Recipes to Soothe Inflammation, Treat Flares, and Send Lupus into Remission A Decade of Lupus: Selections from Lupus News Dubois' Lupus Erythematosus and Related Syndromes E-Book: Expert Consult - Online (Dubois Lupus Erythematosus) Connective Tissue Diseases: Holistic Therapy Options--Sjogren's Syndrome; Systemic Sclerosis - Scleroderma; Systemic Lupus Erythematosus; Discoid Lupus Erythematosus; Secondary and Primary Raynaud's phenomenon; Raynaud's Disease; Polymyositis Dermatomyositis Healing Lupus Naturally: Science-Based Natural Lupus Remedies Your Doctor Doesn't Want You to Know About LUPUS: Systemic Lupus Erythematosus: Symptoms. Types. Causes. Diet. Diagnosis. Treatments. Research. A Lupus Handbook: These Are The Faces Of Lupus Lupus Diary: Track Your Life with Lupus--Body, Mind, and Spirit The Lupus Answer - Holistic Lupus Diet & Treatment BENLYSTA (Belimumab): Treats Systemic Lupus Erythematosus (SLE or Lupus)

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