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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.

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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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