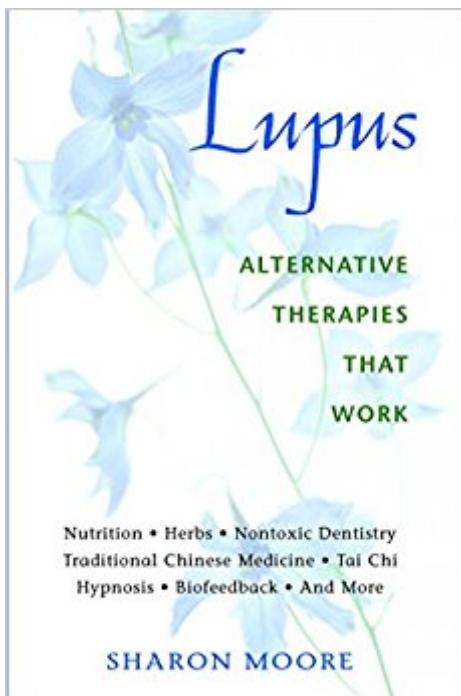


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# Lupus: Alternative Therapies That Work



## Synopsis

A comprehensive guide to noninvasive, nontoxic therapies for lupus--written by a lupus survivor. The only book to focus on alternative therapies for lupus. Includes therapeutic approaches drawn from the fields of naturopathic medicine, nutritional medicine, environmental medicine, traditional Chinese medicine, nontoxic dentistry, energy medicine, and psychological healing. Lupus affects more than four million Americans and does not respond well to conventional treatments. More than four million Americans (90 percent of them women) have been diagnosed with systemic lupus erythematosus, a chronic, debilitating disease of the autoimmune system that manifests itself with extreme fatigue, arthritic pain, rashes, and a host of other symptoms. Add to that the fact that lupus is notoriously difficult to diagnose, and the number of potential sufferers grows. Sharon Moore lived with lupus for several years before doctors finally put a name to it. The only therapies offered to her were pharmaceuticals--toxic drugs that could control or suppress some of her symptoms but couldn't cure her disease. Dissatisfied with this approach, she set about researching alternative treatments for her condition. Nine years later her health is greatly improved, and she has written this book to share the most effective natural healing techniques with other lupus sufferers. Chock full of specific, scientific, well-documented evidence on effective alternative treatments, this book is a godsend for anyone suffering from lupus. Moore provides a comprehensive diagnostic checklist and helps readers identify the possible causes of their illness, from environmental toxins and dental amalgam fillings to compromised liver function and poor nutrition. She offers ways to nurture the mind and spirit when living with chronic disease and shows readers how they can rebuild their lives. Equally important, she writes with the understanding of someone who's been there.

## Book Information

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## Customer Reviews

Moore suffered from lupus for 14 years. After taking control of her health care, though, and drawing on alternative therapies (usually called "complementary" therapies), she has "recovered." Books by lupus patients aren't unusual, but hers is the first to go into complementary medicine in detail.

Nutrition and dietary supplements played major roles, Moore says, and naturopathy, traditional Chinese medicine, and mind-body medicine were in the mix, too. The hardest part of her return to health was the removal of 22 dental amalgam fillings, which gave new meaning to the trendy saw "No pain, no gain" but produced increasingly noticeable improvement. A problem with using Chinese medicine was the difficulty of finding herbs free of dangerous admixtures. A highly personal chapter, "Caring for Your Spirit," offers suggestions for bettering the quality of one's life. William BeattyCopyright © American Library Association. All rights reserved

"This book should be read by both those who are ill and the practitioners they choose to work with. . . . The information and explanations presented are the pearls from thousands of dollars worth of consultations with many different types of practitioners." (John Ruhland, N.D., Bastyr University)"Lupus is a book I most strongly recommend not only to those with lupus, but to anyone with a disease that is difficult to categorize or treat." (Eric Steese, Ph.D., Clinical Psychologist)"Particularly helpful is a twelve-month plan for incorporating . . . varied therapies into a lifestyle that optimally supports recovery and personal growth." (Pamela Houghton, N.D., L.Ac.)"Books by lupus patients aren't unusual, but hers is the first to go into complementary medicine in detail." (William Beatty, Booklist)"Her research, as detailed here, was deep. It is an essentially scientific search through the fringes of our world, through cultures and ideas that Western science does not know about or does not understand. Lupus sufferers should most certainly read this book and think about what Moore has to say." (Statesman Journal, January 21, 2001)"A useful book with new insights, new therapies, and new hope to all that suffer from this devastating disease." (Nancy Pearlman, The Compendium Newsletter, May-June 2002)"Anyone who is chronically ill, will find a wealth of suggestions here for non-invasive, non-toxic approaches to healing." (Townsend Letter for Doctors & Patients, November 2002)"I have no hesitation in recommending [Lupus] . . . a good resource book on the alternative approaches to the management of Lupus." (Swamy Swarna, Swamy's Book Reviews, Oct 30, 2005)

This book contains information every person with the diagnosis of Lupus should know because our doctors don't always tell us everything. Especially if you are a person willing to take full charge of your recovery this book offers nutritional information, alternative therapies and herbs, and more that can aide your immune system to function better. This book has helped me tremendously with my own research for nutrition and other therapies because all I was told was to stay out of the sun and eat a "heart healthy diet". Even the most educated in nutrition, like myself, need help beyond the guess work of what "heart healthy" truly is.

To anyone suffering with lupus or anyone with a relative with the disease this is a must have book, I had been searching for a book to help me avoid the dangerous drugs I was recommended and also to get some answers to the unusual symptoms I was having. The book answered all my questions and thanks to the book my health has improved so I almost feel normal. I would recommend always finding a good GP to help you, one that is able to agree with you on your natural choice.

...but not all of them work very well, or at all. Its worth a look through if you are having trouble managing your Lupus with traditional therapies or if you are the type that prefers a more eastern medicine approach when dealing with illness. It didn't help me much at all, but I have a severe form of Lupus. My mother has a very mild form of Lupus and she claims that some of these alternatives worked better for her than some of the medications her doctor prescribed to her.

Not only is this book an interesting read, it has very good information for people who are suffering from Lupus. It is a book that I have shared with friends because it contains wisdom that most medical doctors have not studied. Thank you Sharon, for this outstanding book!

This is a great book for anyone who is looking for information about alternative therapies for Lupus patients. This book should be read by the Lupus patient, practitioners and the patients family members. These therapies work!

I found this book very helpful in offering some specific ideas on how to detox the body. That kind of info is completely absent from your typical 1st book on autoimmune disease, and most MDs have little to offer in that area as well- just drugs and more drugs to counteract the side effects of the initial drugs. This book gives some specific ideas on things to try, and how to go about implementing

those ideas. I found it refreshing not to hear yet another voice tell me to expect to just be on and off prednisone until i eventually need a new set of kidneys, and that there was nothing I could do about it.If you've just developed an autoimmune disease, then this is not the first book you want. there are lots of good first books with solid info in them.I'm not connected to the author in any way. Just a reader.

I am a doctor, and was diagnosed with Lupus last year. I got this book because I know that there is a lot to be said about natural healing methods for chronic disease. There is a lot of good information here, and it is easy to read. I'd recommend it if you are looking for some direction, or need a place to start looking at alternative therapies for Lupus. I'm living proof that lifestyle modifications and natural therapies can truly change your path in life. I have made very swift progress with a combination of the conservative use of traditional western medicine, and natural healing methods such as those in this book. The harder you work at being healthy, the more it pays off :)

I bought it for a friend and she says it has a lot of useful information.

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