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The Lupus Answer - Holistic Lupus Diet & Treatment

**The
Lupus
Answer
- A Holistic
Lupus Diet
& Treatment**



Synopsis

* Are you sick of suffering with discomfort, pain or dysfunction as your Lupus takes over your body and your life? * Are you tired of popping pills, buying medication and filling scripts in an never ending attempt to keep your symptoms under control? * Or are you interested in a holistic approach to managing your Lupus and not sure where to start? The Lupus Answer is the solution to putting you back in control of your health and body as you are given the keys to correct the root dysfunction of your lupus and restore your body's natural inner balance. Inside The Lupus Answer, youâ™™I discover and be exposed to PROVEN methods that work to regain your health, such as:- Uncover what is wrong with the modern health approach and how to turn your back on this broken health model and say goodbye to dangerous drugs and expensive surgeries- How your repeat business as a continued pill popper is exactly what the drug companies want and how to put an end to the vicious cycle, reclaim your health and save money- A simple way to look at imbalance in the body called the âœTriad of Healthâ • and how using this can unlock a whole new way of looking at your health and map out a game plan for defeating your Lupus - In Ch 2 I show the vitally important but often overlooked relationship between Lupus & inflammation and precisely what has gone wrong with the inflammation process to result in Lupus and how you can stop it dead in itâ™™s tracks- Known foods to avoid that trigger inflammation. I guarantee you are eating these at least twice a day - The intimate and often overlooked relationship between stress & inflammation and what you can easily and quickly do about it - How to start fighting back against your Lupus with diet and how to begin implementing changes instantaneouslyâ | accelerate your path to feeling better. I will show you exactly what you should eat to stop triggering an autoimmune response in the body breaking the cycle instantly - Foods known to trigger autoimmune responses that you must avoid if you want to get better- Step by step suggestions on implementing these new eating guidelines to make the transition to better health super easy- The role of food allergies and their relationship to Lupus (this relationship is often overlooked)- Uncover the the shocking truth about dietary fat and what role it has in health and more specifically itâ™™s relationship to Lupus (most people are dead wrong about this and that's why they stay sick) - The âœbest and safest for your healthâ • summary on the types of cooking oils to use (chances are you are probably doing more harm than good every time you turn on the stove) - I will unveil the âœmiracle in a bottleâ • oil, which you can get from any health food store that is dynamite against Lupus - Uncover the truth about dairy and supposed healthy alternatives like soy and if these foods will help or hinder your quest for health- A quick start menu guide, so you can get started healing your body in a flash - The definitive list of supplements that actually work (see Ch 7). Stop wasting money and get the most âœbang for your buckâ • as I tell

you the only ones worth taking.- A key vitamin that is being linked to Autoimmune Disease and how you can get it for free- Ch 8 devoted to the often overlooked but vitally important issues of lifestyle and stress and how these can be contributing to your Autoimmune Disease and what you need to do about it- Discover how to implement vital techniques to calm down your body and dis-empower your Lupus through easy to follow relaxation, the correct mental attitude, proper breathing and simple meditation- A proven exercise that lowers inflammation that is free and you can start immediately The Lupus Answer is a step-by-step easy to follow plan to regain control of your life, restore your health and say good bye to your lupus holistically.**Please note the dietary recommendations are not suitable for vegetarians.

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Customer Reviews

This book provided many of the answers for which I have been searching. It's written in a concise manner with links should you want to research further. Well written and informative, The Lupus Answer is a must read for anyone who is looking for a natural way to combat Lupus.

A little pricey but the book was a great compilation of how-to resources. My only criticism is that it

was to short and in some ways just a listing of resources for finding out more about the many endorsements and recommendations advertised in this book. Think about it like a holistic infomercial.

This is just what I've been looking for. I knew that simply treating the symptoms was not a solution for lupus but just something to make it more manageable. But it is hard to find good alternative advice. The author has done an excellent job of presenting a holistic approach to health combining diet and lifestyle factors coupled with a unique philosophy about healing. The book is jam pack with information and references. It is very well written and easy to understand. There are so many tips and recommendations that I feel will truly benefit my health. For anyone looking for a holistic approach to managing lupus I highly recommend this.

I found the author's advice contradictory, uneducated, and much too simplistic. A fat, inorganic meat heavy diet that paints all margarine and plant based organic oils as more harmful than beef and good grains like rice and quinoa doesn't help those with autoimmune diseases and in fact is harmful. This book represents one person's uneducated, credentialed opinion.

Very to the point and the message was delivered in a way that I can understand. I will be practicing these techniques.

The author made a believer out of me in regards to diet. I have noticed problems in the past after eating the foods she says lupus patients should not eat.

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