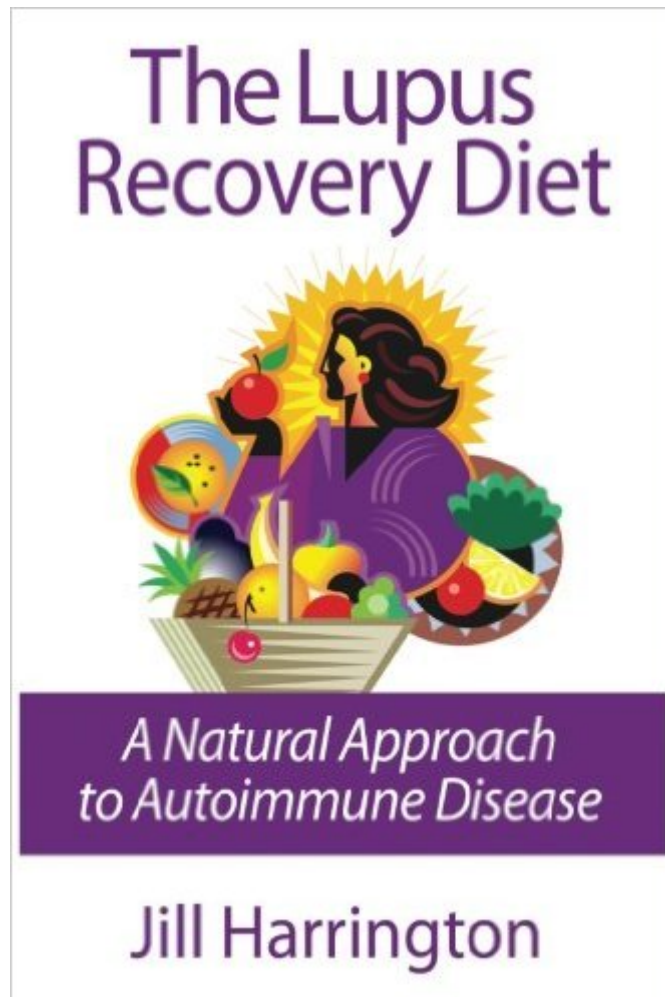


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# The Lupus Recovery Diet: A Natural Approach To Autoimmune Disease That Really Works



## 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

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## Customer Reviews

I bought this book perhaps three years ago when I was first diagnosed with Lupus. I read it extensively. I have had Lupus for more than a decade now, although I was only diagnosed just before I purchased this book. I am 45 years old, and I can honestly say that good nutrition is pivotal for any healthy body, but that Jill's proposed diet should be viewed with caution. There are indeed some lovely ideas about using whole foods, but here I was, a vegetarian for most of my life, eating a whole foods based diet, as slim as can be, and still searching for ways to amend my already sound eating habits to hopefully embrace remission. I too have Celiac disease and many people with

Lupus have other comorbidities. My advice is not to look at this book as the only way to heal. Far more helpful to me (and I was a practicing pharmacist for many years) was to discover a wonderful naturopath. With no Lupus medications, my approach to healing is all about stress control, rest, diet, exercise and supplements. Most importantly, get an allergy screen. The night shades are not good for anyone with Lupus and this is not made clear in the book. After working with my naturopath, and after 30 years, I began to eat wild fish and use fish oil supplements. Last week, after 40 years, and following the Type O diet as elaborated by Dr. Dr D'Adamo, I began to eat grass fed meat. That was the most difficult thing to do and not something that Jill would ever advocate. I avoid the fruits and veggies that are toxic to my blood type and I honestly can say that for the first time in years, I am feeling so much better. My thoughts about Jill's work is that diet is important in helping people with Lupus feel better, but her diet is certainly not for everyone. In fact, eating raw produce even though organic, can be quite dangerous if you are immune-compromized. There are times when people with Lupus need to eat softer cooked foods so as not to stress the gut and avoid possible infections. I would strongly suggest eating according to your blood type, while avoiding allergens after allergy testing. Stay away from alfalfa and nightshades all together. I know Jill uses nightshades but they are pro-inflammatory. Gluten containing foods are also pro-inflammatory and should be avoided regardless of sensitivities. Certain gluten-free grains are wonderful like quinoa and buckwheat and I do not think Jill favors the use of grains. I think too often in life we grapple with the illusion that one plan fits all. Would it not be so lovely if that held true. I certainly think that Jill has devoted so much of her life's work to helping people with Lupus, but from my own journey, I have begun to understand immunology a whole lot more. Eating foods that do not awaken those auto-anti-bodies might just be another logical approach.

As a physician, I look at all "cures" with skepticism. This is much more than "stories", although the stories are enlightening. Ms Harrington presents a very reasoned approach that has obviously worked well for her (You should see her dart around the tennis court after being grounded from most active pursuits for several years...and yes, all her auto-antibodies are gone, too. So this isn't a placebo!) It gives the reader lots of background, a cogent review of popular and scientific literature, and a personalized approach. Take from it what you will and what works for you. Even if you do not have any autoimmune problems, the recipes are great and the book is a practical guide to a healthy lifestyle. (+/- prolongs fasts).

I was diagnosed in December 2005 with linear Scleroderma (means Hard-skin) an auto immune

disease. Reading this book has literally changed my life! It really deals with Lupus, rheumatoid arthritis, and fibromyalgia which are all auto immune diseases but it is certainly working for me. I have no more joint pain, no inflammation, my leg is getting better and the bonus...I lost some weight. It is a program...eat a plant-based whole food diet, sleep 8-10 hours a night, exercise everyday, and the hardest reduce stress in your life!! I started the diet/program a few days before New Years and saw changes immediately. It has now been a year and a half and I can honestly say I only miss a few "JUNK" foods but would rather feel good then be in pain! Jill Harrington is the best...everyone should read this book!

When I got the book I was rather skeptical and simply put it away after my initial reading. I took my meds and did everything I could to better how I felt with lupus. After resisting over 1 1/2 years, I finally tried some of Jill Harrington's suggestions. The results have been great and I am now much more comfortable and mobile. I have been able to garden daily for the first time in over four years. The author's attitude is very supportive and she makes it easy.

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.

My dad bought me this book after finding it on the internet. I have been in diagnosis limbo for 6 years. Although I haven't gotten a firm lupus diagnosis, there is some type of autoimmune disorder affecting me and this book helped prompt me to make some lifestyle changes that I already knew I should adopt. Although I haven't been able to commit fully to Ms. Harrington's plan, I do feel better eating a vegetarian diet and I find her recipes easy and tasty. All of my doctors have said that the diet wouldn't hurt, but none of them believe that diet alone could reverse lupus or any other autoimmune disease. I feel that if the diet was followed strictly that the possibility of a reversal isn't a dream for some patients. I honestly believe that following the diet will help everyone feel better. How can eating fresh, wholesome food NOT be good for you. Anyone who has struggled with an autoimmune disease should at least buy the book and read Ms. Harrington's story and recommendations.

Mostly good information with a few improbable conclusions. After reading the book, I started following a strict vegan diet. It's been 2 weeks now, and there's been no miraculous cure, but some improvement. I'm eager to maintain this lifestyle. I've had lupus for over 30 years, and had figured out some of the diet solutions on my own, so a lot of the book makes sense to me. The book offers good information, and the included recipes are easy and tasty.

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