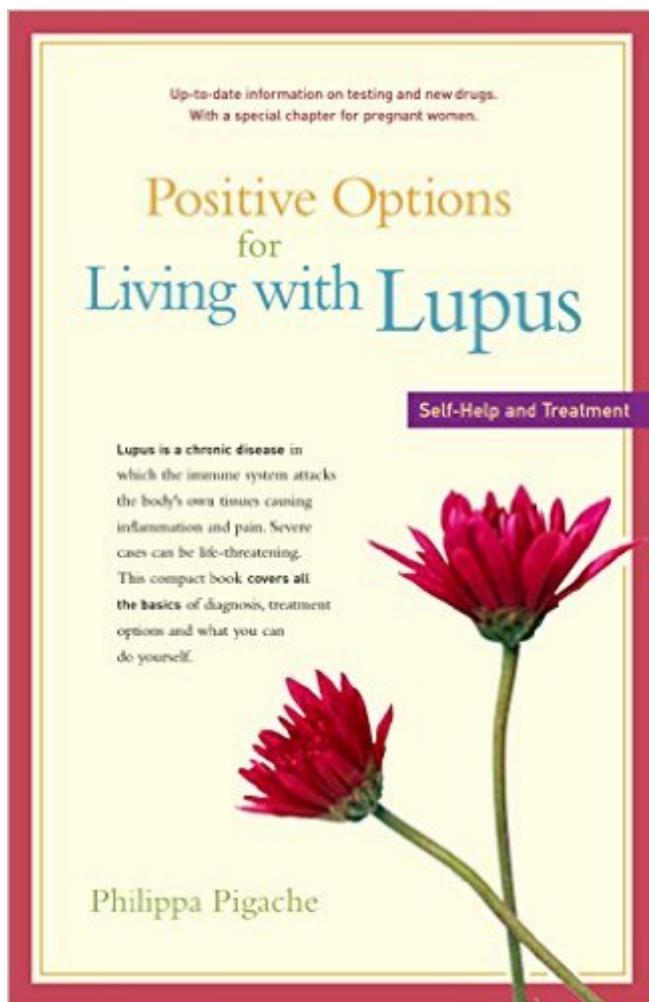


The book was found

# Positive Options For Living With Lupus: Self-Help And Treatment (Positive Options For Health)



## Synopsis

The effects of lupus – a difficult-to-diagnose condition in which the immune system attacks the body – can be mild or life threatening. Therapy and awareness of lupus have improved greatly in recent years, and this book contains the latest information about the disease, its diagnosis, and its cures. The book covers different types of lupus; self-care and when to call the doctor; lupus and pregnancy; self-help measures, including rest, diet, and exercise; complementary remedies; dealing with flares; and coping with work and money difficulties.

## Book Information

Series: Positive Options for Health

Paperback: 128 pages

Publisher: Hunter House; First Edition edition (August 30, 2006)

Language: English

ISBN-10: 0897934873

ISBN-13: 978-0897934879

Product Dimensions: 5.7 x 0.3 x 8.4 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,991,426 in Books (See Top 100 in Books) #48 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus #105 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #648 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

## Customer Reviews

What a wonderful and insightful book. Having gone through several Rheumies and the whole denial thing, this book would have saved time and heartache. Philippa Pigache has included various ways of pinpointing the signs of SLE including the St. Thomas' Criteria. She also touches on various treatments including pharmaceutical as well as alternatives. Most importantly, she doesn't forget the mental well being of a person suffering from SLE! I highly recommend this book for anyone that think they may have a form of Lupus to those that have been diagnosed. She also touches on Sjogren's, FMS, MCTD, Avascular Necrosis, Libman-Sacks and DIL. It isn't "Systemic Lupus Erythematosus" by George C. Tsokos, Caroline Gordon and Josef S. Smolen nor is it "Dubois' Lupus Erythematosus" but it does cover much valuable information that doesn't read like a medical tome.

Thank you for your timely response. I needed to learn more about my daughter's condition and this read helped me.

[Download to continue reading...](#)

Positive Options for Living with Lupus: Self-Help and Treatment (Positive Options for Health) Options Trading: A CherryTree Style Trading Book(Options Trading,Options Trading for Beginners,options trading guide,options trading tips,binary options trading,trading options,option strategies) Option Greeks - Options Trading Greeks Simplified And How To Use Them To Profit 'By The Numbers' (Options Trading, Options Trading Strategies, Options Trading For Beginners, Stock Options, Options) Positive Options for Colorectal Cancer: Self-Help and Treatment Options Trading for Beginners: How to Get Started and Make Money with Stock Options (Options Trading, Stock Options, Options Trading Strategies) Options Trading: Strategies - Best Options Trading Strategies For High Profit & Reduced Risk (Options Trading, Options Trading For Beginner's, Options Trading Strategies Book 2) Options: 3 Manuscripts Options,Options Strategies,Options Advanced (Day trading,Trading,Stocks,Options Trading) Options Trading: QuickStart Guide - The Simplified Beginner's Guide to Options Trading (Options Trading, Trading Options, Options Trading for Beginners) Options Trading Successfully for Beginners: Making Money with Options in just a FEW HOURS! (Investing Basics, Investing, Stock Options, Options Trading Strategies, Options Strategies, Book 1) Options Trading: Strategies - Best Options Trading Strategies For High Profit & Reduced Risk (Options Trading, Options Trading For Beginner's, Options Trading Strategies) (Volume 2) ITI Treatment Guide, Volume 3: Implant Placement in Post-Extraction Sites: Treatment Options (ITI Treatment Guides) Options Trading:: Simplified Options Trading Guide For Generating Profits On An Ongoing Basis (Options Trading Strategies, Investing, Day Trading, Stock Options,) The Endometriosis Natural Treatment Program: A Complete Self-Help Plan for Improving Health and Well-Being Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) Coping With Lupus: A Practical Guide to Alleviating the Challenges of Systemic Lupus Erythematosus Frugal Living: 55 Tips to Save Money! Enjoy Living on a Budget, Become Debt Free, and Have Complete Financial Independence (Frugal Living Books, frugal living for dummies, frugal living made simple) I Am Positive: 31 Positive Affirmations For A Prosperous Soul (Negative Self Talk Book 4) Living With Lupus: All The Knowledge You Need To Help Yourself The Everything Parent's Guide To Sensory Processing Disorder: The Information and Treatment Options You Need to Help Your Child with SPD Lupus: A Patient's Guide to Diagnosis, Treatment, and Lifestyle

[Dmca](#)