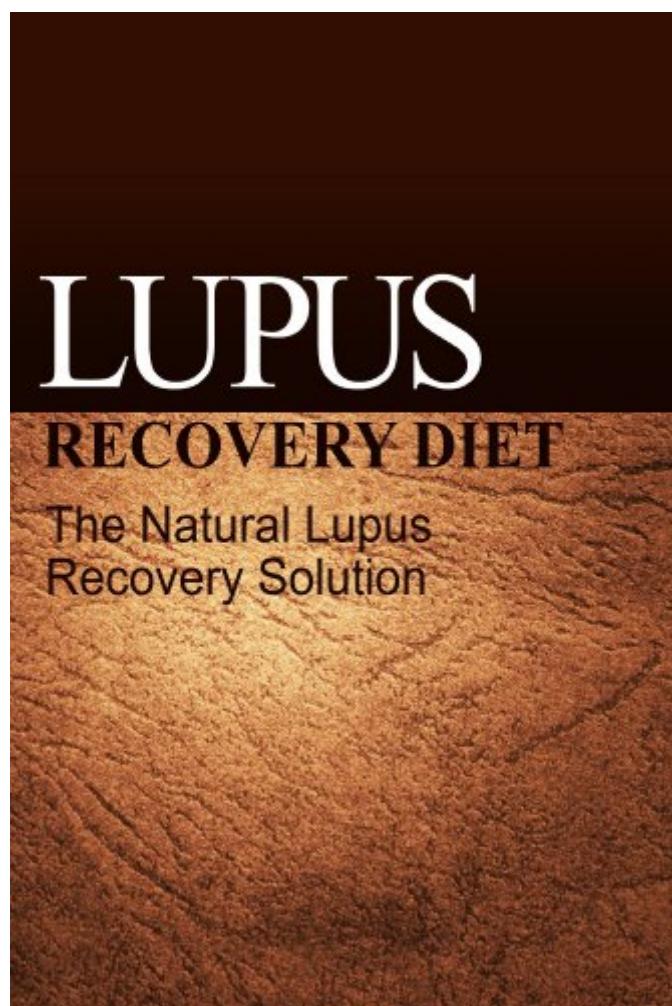


The book was found

Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover From Lupus With The Lupus Recovery Diet)



Synopsis

Lupus Recovery Diet - The Natural Lupus Recovery Solution Within this guide, you will learn about the real cause of Lupus and the real, natural way for reversing this autoimmune disease. People who have been diagnosed with lupus can manage their symptoms with this specialized diet. This diet will help you avoid flares by increasing your intake of foods that will not trigger symptoms of the disease. In addition, this diet will help you deal with the side effects caused by the medication prescribed to treat lupus symptoms. By adopting this specialized diet, along with the recommended lifestyle changes and regular treatment, you will be able to live a normal lifespan. In addition, the diet will also provide other wellness benefits such as helping you maintain a healthy weight and reducing the risk of developing other conditions such as heart disease and type-2 diabetes.

Book Information

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Customer Reviews

Good informative good recipes I would recommend this book to others in need of recipes ideas to help with inflammation

It's a small book of helpful information.

Terrible recipes - unappealing smoothie combinations and the rest mostly meats, and I'm not a vegetarian. Some good info, but nothing new.

To assert that lupus can be controlled, or even managed, with the simplistic recipes in this text is almost criminal. Granted, a non-inflammatory diet may work wonders, but this book does not go deep enough into the commitment that such a diet, on a daily basis requires. This book hardly offers a solution at all....

The person that put this short booklet together copied the name of the popular book "The Lupus Recovery Diet" by Jill Harrington. There isn't even an author's name. It's just someone trying to trick people into buying this - instead of the book with real information that has helped hundreds of people.

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