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# The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition And Living Book 1)



## Synopsis

A Proven, Step-By-Step Method To Preventing Lupus Attacks Through Healthy Nutrition Once And For All Discover how to finally prevent Lupus remissions for good so that you can be fit, healthy and energetic! In The Lupus Recovery Plan, you will learn specific step-by-step strategies to help you be able to understand and prevent lupus attacks through healthy and clean eating. The source of lupus attacks can be a variety of factors, such as having certain foods that cause inflammation, or it could be a deficiency in certain nutrients. The important thing to understand is that Lupus attacks can be prevented and that thousands of people have been able to overcome it, including myself. If you follow these steps, you will be free from lupus remissions in no time and no longer have any desire to indulge in inflammatory foods that you know is going to make you sick. You're well on your way to being free from lupus remissions, energetic, healthy, and happy for life! Here Is A Preview Of What You'll Learn...The Science of Lupus : Understanding the Reasons Why You Suffer from LupusThe Lupus Recovery Diet : Foods To Eat & Foods You Have to AvoidA Sample Nutrition and Recovery PlanVegan Food Options that Aid in Your RecoveryRecommended Resources List To Help You Fight Lupus BetterMuch, much more!

## Book Information

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## Customer Reviews

Thanks for this quick read. It is to the point and very informative in a few pages. As a Lupus patient, my husband would prefer to stick his head in the sand with my diagnosis. I am going to encourage him to read this succinct summary and hopefully enlighten him a bit! Thanjs.

The author is right about one thing don't believe everything written on the internet. The diet recommended here is mostly wrong.

It gave me a lot of good direction on things to avoid and how to prevent flare ups and food list to avoid and to foods to increase.

No matter how many years I have had this book it continues to not only be a source of inspiration but a Rx for self healing and care..

Have not received

If you have Lupus, you do not stimulate the immune system with VIT C, or anything that encourages the immune system. Even probiotics will cause an allergic reaction. Healthy nutrition is important but watch the ones that can harm your immune system. Also all night growing vegetables. Know your facts first then write the book. Thanks

Book is an easy read. Basic information for the person recently diagnosed with Lupus. Provides a general plan for the start of your battle against Lupus.

Very short. Not much of a plan, would be ok for beginners to the lupus. Would save money for this one..

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