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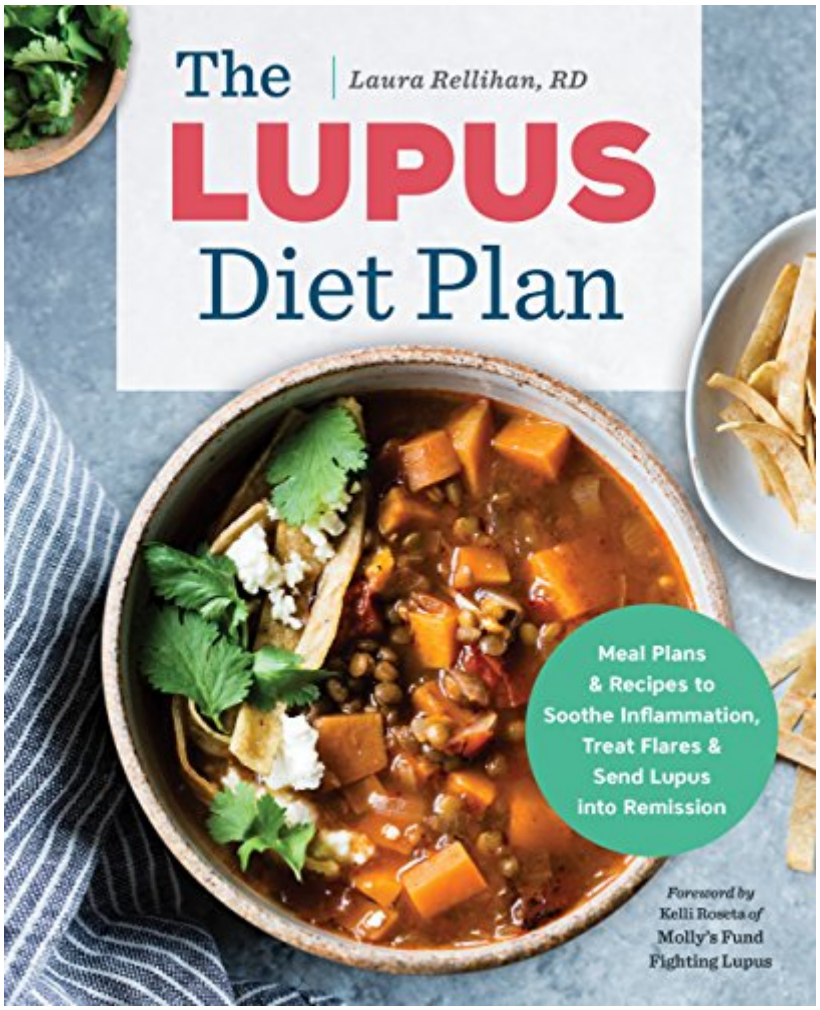
The Lupus Diet Plan: Meal Plans & Recipes To Soothe Inflammation, Treat Flares, And Send Lupus Into Remission



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Synopsis

Ã¢â ¬Å“Whether you are newly diagnosed with lupus or you have had the disease for decades, The Lupus Diet Plan is a must-have addition to your cooking and lifestyle book collection. The Lupus Diet Plan provides an excellent narrative that outlines easy ways to establish healthy eating habits and lifestyle choices while explaining the science behind the food.Ã¢â ¬Â•Ã¢â ¬â •Kelli Roseta, 26-year systemic lupus erythematosus survivor; Client Services Coordinator, MollyÃ¢â ¬â„¢s Fund Fighting LupusMore than 1.5 million Americans live with lupus, and while prescription medications offer many benefits, they also carry with them a number of side effects that can be just as painful and stressful as lupus itself. Most people are unfamiliar with the critical role that nutrition can play in soothing and healing their lupus symptoms and the side effects of common lupus medications.This was exactly the case for Laura Rellihan who, after years of struggling with debilitating symptoms+, discovered that she could dramatically improve how lupus affected her by changing what she ate. Now a registered dietitian, LauraÃ¢â ¬â„¢s written The Lupus Diet Plan so that those living with lupus donÃ¢â ¬â„¢t have to wait any longer to find the relief and peace of mind they deserve. With The Lupus Diet Plan, integrated meal plans are just the beginning. YouÃ¢â ¬â„¢ll also get access to 100+ simple, delicious, anti-inflammatory recipes, handy food lists, and a daily gratitude and habit tracker with important tips for taking care of yourself.The Lupus Diet Plan presents 3 practical, 28-day meal plans:The Basic Lupus Diet Meal Plan offers a general anti-inflammatory diet plan with affordable, easy-to-find ingredientsThe Flare Soother Meal Plan treats symptom flares with super inflammation-fighting nutrients and super easy recipesThe Kidney Care Meal Plan supports damaged kidneys with recipes low in sodium, potassium, and fatThere is no known cure for lupus but you can effectively manage your lupus symptoms with the compassionate guidance in this comprehensive resource.

Book Information

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Customer Reviews

This book is perfect. I love that the recipes are easy and each gives you a tip of how to make it easier through a flare or thing that can be added to benefit you in a flare. You can tell the author understands chronic illness. Through a severe flare, I can't even get out of bed much less cook. Some thing can be prepared and froze in advance for those tough times, but none of these recipes are complex. Love the way it is set up. If you make another book, please continue the same format. Don't change a thing. Genius.

A must have for us Lupus. Easy to hold and understand. Great ideas down to shopping lists and Neal plans from the perspective of a Lupus warrior author.

Lots of great info for diet ideas and general info on dealing with all aspects of Lupus.

Very easy to follow

It was a gift to someone who has lupus. She appreciated it and is reading it.

I love how easy the recipes are! This book has a lot of information that is very easy to understand.

Cancel this please it was an error. I'd rather have a physical book to read.

Looks like a good recipe book. I appreciate someone who made a cook book for people with lupus

in particular. My only complaint is that there are no pictures for any of the recipes.

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Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Meal Prep: 65+ Meal Prep Recipes Cookbook Ã¢â ¬â œ Step By Step Meal Prepping Guide For Rapid Weight Loss (Free Bonus Included) (Meal Prep, Ketogenic Diet, Low Carb, Ketosis)

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