



Lupus: Alternative Therapies That Work

Sharon Moore

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A comprehensive guide to noninvasive, nontoxic therapies for lupus--written by a lupus survivor.

- The only book to focus on alternative therapies for lupus.
- Includes therapeutic approaches drawn from the fields of naturopathic medicine, nutritional medicine, environmental medicine, traditional Chinese medicine, nontoxic dentistry, energy medicine, and psychological healing.
- Lupus affects more than four million Americans and does not respond well to conventional treatments.

More than four million Americans (90 percent of them women) have been diagnosed with systemic lupus erythematosus, a chronic, debilitating disease of the autoimmune system that manifests itself with extreme fatigue, arthritic pain, rashes, and a host of other symptoms. Add to that the fact that lupus is notoriously difficult to diagnose, and the number of potential sufferers grows. Sharon Moore lived with lupus for several years before doctors finally put a name to it. The only therapies offered to her were pharmaceuticals--toxic drugs that could control or suppress some of her symptoms but couldn't cure her disease. Dissatisfied with this approach, she set about researching alternative treatments for her condition. Nine years later her health is greatly improved, and she has written this book to share the most effective natural healing techniques with other lupus sufferers.

Chock full of specific, scientific, well-documented evidence on effective alternative treatments, this book is a godsend for anyone suffering from lupus. Moore provides a comprehensive diagnostic checklist and helps readers identify the possible causes of their illness, from environmental toxins and dental amalgam fillings to compromised liver function and poor nutrition. She offers ways to nurture the mind and spirit when living with chronic disease and shows readers how they can rebuild their lives. Equally important, she writes with the understanding of someone who's been there.

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