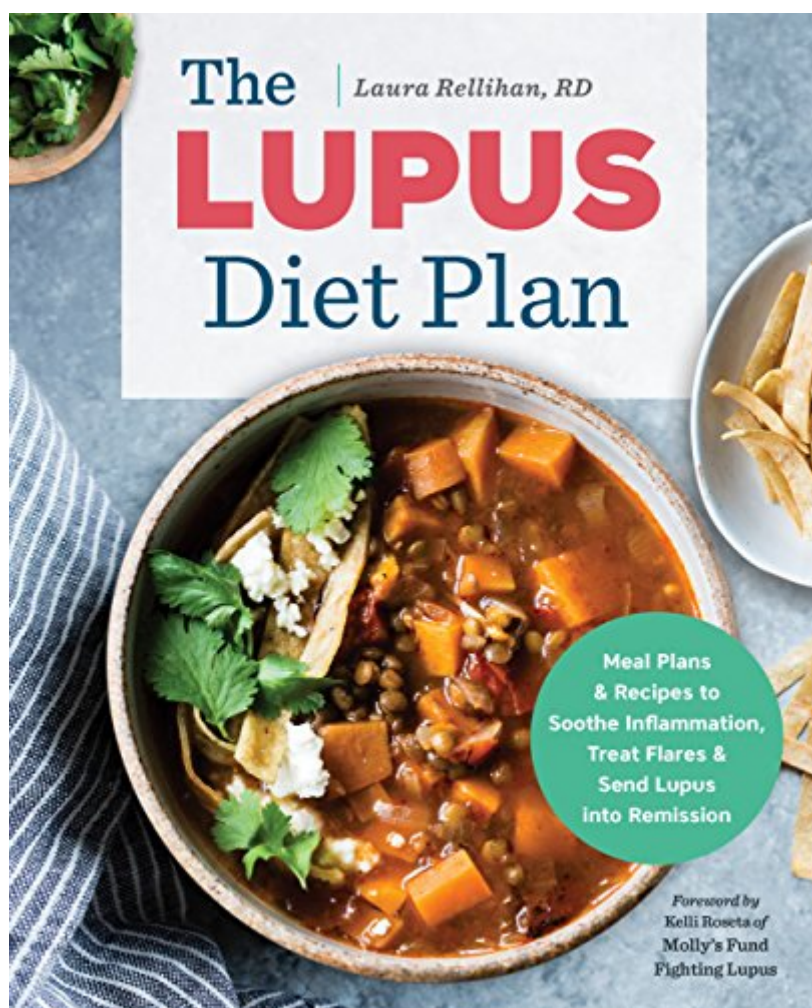


The book was found

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



## Synopsis

“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.”

•Kelli Roseta, 26-year systemic lupus erythematosus survivor; Client Services Coordinator, Molly’s Fund Fighting Lupus

More 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, Laura has written The Lupus Diet Plan so that those living with lupus don’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. You’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 ingredients The Flare Soother Meal Plan treats symptom flares with super inflammation-fighting nutrients and super easy recipes The Kidney Care Meal Plan supports damaged kidneys with recipes low in sodium, potassium, and fat There is no known cure for lupus but you can effectively manage your lupus symptoms with the compassionate guidance in this comprehensive resource.

## Book Information

File Size: 4250 KB

Print Length: 240 pages

Simultaneous Device Usage: Unlimited

Publisher: Rockridge Press (April 25, 2017)

Publication Date: April 25, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B06XRW1C38

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #55,599 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #7 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #17 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

## 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.

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

The Lupus Diet Plan: Meal Plans & Recipes to Soothe Inflammation, Treat Flares, and Send Lupus into Remission HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Gout & Anti Inflammation Meal Plan Guide - Nutritional Strategies for Reducing Inflammation Naturally Gout Prevention, Gout Diet, Anti Inflammatory Foods ... Eat, & Avoid, & More (Gout & Inflammation) Meal Prep: The Beginner's Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan) Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3) MEAL PREP: Guidebook and 100 Recipe Cookbook for Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2 ) Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & ... - weight loss meal plans) (Volume 73) Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1) Just Diabetic Meal Plans, Sodium Restricted Meals, Vol 1: A selection of planned meals from our Basic Meal Plan Collections for Type 1 and Type 2 ... fit sodium restricted meal plan guidelines Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Vegan Diet: Easily Get a Lean Body & All Day

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 – Step By Step Meal Prepping Guide For Rapid Weight Loss (Free Bonus Included) (Meal Prep, Ketogenic Diet, Low Carb, Ketosis)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)