

《NEW HOPE FOR LUPUS(ISBN=9780761520979)》

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"A great resource for people with lupus, especially those recently diagnosed. *New Hope for People with Lupus* gives valuable and credible information about the many aspects of lupus which, as most of us know, can be very confusing."

—Gloria M. Spadaro, R.N., executive director, Lupus Foundation Inc. of New Jersey

内容简介

Discover Exciting New Ways to Manage Lupus

Now you can take control of lupus and begin living a healthier, better life—today! This thoughtful, cutting-edge book can help you manage the flare-ups, symptoms, and side effects of lupus and put you back on the path to a more enjoyable, active lifestyle. Inside is compassionate, practical, and immediate guidance for anyone affected by lupus, including:

? Promising alternative therapies such as DHEA, essential fatty acids, and herbs

? Conventional drug treatments, including corticosteroids and antimalarials

? Easy methods to reduce stress and boost energy

? Important lifestyle requirements, such as diet and exercise

? And much, much more!

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作者简介

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