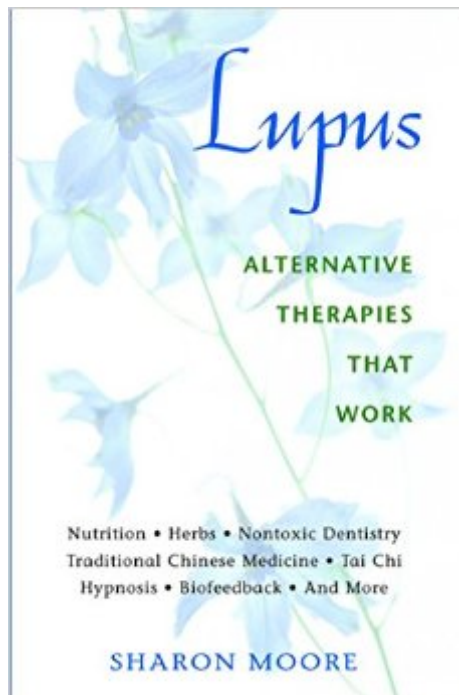


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# Lupus: Alternative Therapies That Work



## Synopsis

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.

## Book Information

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## Customer Reviews

Reader beware. Except for the second chapter ("What is Lupus?"), this book isn't really about lupus. It is, rather, a somewhat haphazard introduction to naturopathic practices by a lupus sufferer who happens to be a competent writer. I picked up this book because I wanted to learn about lupus-specific health practices. I did not want to read a diatribe about unrefined sugar, or hormones in beef, or pesticides in produce. I already know these are bad things. I did not expect nor want to read a weak defense of homeopathy based on quantum mechanics. There are annoying contradictions in the book, for instance, whether to include or omit soy in the diet: page 141: "Determine to find organically raised meat. If that is not possible, move to eating soy products for protein [...]" page 55: "Other foods lupus patients may need to avoid include peanuts, soybeans and lentils." Although Ms. Moore has a negative attitude, perhaps rightfully so, about caffeine, her touting of gota kola and ginkgo biloba as replacement stimulants puzzles me. I find them just as jarring as caffeine. Many of the claims in this book seem to be in the realm of the purely subjective, or at best highly speculative. In the recommended reading section, only 3 of 25 books are about lupus. This is a fair representation of the (low) percentage of this book that is likewise specific to lupus. Lastly, the 4 glowing reviews prior to this one are all from people who live within a few miles of Ms. Moore. They are apparently heartfelt but perhaps not unbiased. I truly wish the author well. But as someone recently diagnosed with a serious illness after a lengthy and frustrating diagnostic period, this is not the book I wanted or expected.

This book is written by Sharon Moore, who suffered from SLE (Systemic Lupus Erythomatus or simply called Lupus) and who was told that it is an autoimmune disorder and she may not recover from it. She did recover from it by studying alternative approaches to health, which she describes well in this book. Her story is spread over 13 chapters and an epilogue. She talks of the effect of liver on health, diet and health, nutritional supplements, herbs, beneficial fats and oils, toxins in food, problems from toxins in dental work, Traditional Chinese Medicine, Mind-Body Therapies, Caring for Your Spirit and interestingly the last chapter, "How to Begin" a good road map. The epilogue is a good graphic portrayal of her recovery from a debilitating illness. I found the book readable in general but some sections are a little more technical, which may need additional reading. Fortunately, the author supplements her book with Suggested Reading and Resources. An

index is also added to enable you to return to a specific topic easily. I would suggest that you should read the Introduction, My Story, What is Lupus and Your Liver, followed by a quick read of the rest of the book. When you reach the chapter How to Begin, you would know whether these approaches are for you. If you are convinced that Sharon's suggestions will work for you, read that chapter carefully and follow the advice given by Sharon. The epilogue should keep giving you courage and perseverance when things look a little bleak. I found her suggestions on the treatment of depression (which is a natural complication of any chronic health problem) with Multivitamin supplements, B Complex, DLPA and tyrosine (detailed on pages 75-76) very interesting and very useful.

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