

Revealed at last! Former lupus sufferer, symptom-free for ten years, shares her secret to vibrant good health ...

Who Else Wants To Learn The Dietary Secrets That Make Lupus Symptoms Disappear Without Drugs Or Supplements?

New book reveals the science behind the ever-growing number of success stories, and how you too can get lupus out of your life

Dear Lupus or Rheumatoid Arthritis Sufferer,

Lupus is probably the biggest challenge you will ever face. Lupus cripples you with pain and robs you of energy. You can't really explain to other people how you hurt all the time ... no one can truly understand unless they've felt this pain and exhaustion. Lupus can affect every organ in your body.

But lupus doesn't just affect your body; it affects *every area of your life*. Often, you can't work. Constant pain and fatigue rob you of the everyday joys of life. Lupus affects your relationships. You can't care for your children, you aren't well enough to enjoy your friends, and the daily difficulties of the disease can put a strain on your marriage.

You have probably been told that you will have to live with lupus for the rest of your life. Unfortunately, traditional treatments involve toxic medication that causes severe and potentially damaging side effects. And to add insult to injury, often they don't even do any good! Many lupus and rheumatoid arthritis patients *still* battle with constant pain and exhaustion despite taking medication.

No wonder you are discouraged.

I understand exactly what you are going through, because I, too, had lupus. Today, it's gone. In my newly released book, I'll share with you exactly how I got lupus out of my life, the science behind it, and how you can apply the latest medical and nutritional research to your own life and find relief just as I did. Here's my story ...

How I recovered from lupus without drugs or supplements

In 1992 at the age of 32, after feeling sick for six months, I was diagnosed with SLE – systemic lupus erythematosus. I was exhausted all the time. My joints ached, and I had skin rashes and frequent low-grade fevers. My fingers were the fingers of an old woman – stiff and curled with pain. Some days I couldn't get out of bed.

I was filled with despair. Was this how it was going to be for the rest of my life? Days on end filled with fatigue and pain, having to conserve what little energy I had, and with, perhaps, a rare “good day” sandwiched in between the bad ones?

Despite my condition, something in me wouldn't give up hope. I began searching for answers. First, I went the traditional route, consulting my regular physician and then a rheumatologist. My father was an orthopedic surgeon, so when he recommended top-notch doctors to me, I was sure I was getting the best care possible. To my disappointment, the results of traditional drug therapy didn't give me the results I was hoping for.

But I didn't give up. I tried homeopathy and naturopathy, but found no answers there, either.

But one day, I rediscovered a book I'd had sitting on my bookshelf for years, since before I got sick. It's called *Fit for Life*, by Harvey and Marilyn Diamond. Even though the book was not written for lupus patients, I read it from that perspective, and it made a lot of sense. That book was a catalyst for me; it pointed me in the right direction, and I began making changes. I found more resources about the dietary connection to health. I listened to tapes, read articles and books, and continued to make changes in my diet and lifestyle.

I began asking questions of anybody I thought might be able to help, sometimes making a real pest of myself. Bit by bit, the pieces began to fall into place. As a clear pattern began to emerge in my findings, I began to apply what I learned. Hope was no longer just a dream; it became real and tangible.

In 1995, it all came together. After much research and trial and error, I recovered from lupus using a specific program of diet, sleep, and light exercise.

Since then ***I have not taken medication of any kind for lupus.*** I show absolutely ***no symptoms*** of the disease. At this writing, I've been ***symptom free over 9 years.***

When I explained to my doctor what I had done, he gave a sort of dismissive shrug and wrote on my chart, “Spontaneous remission.” This made me crazy – there was nothing spontaneous about it! I had worked hard for that “remission.”

According to medical standards, by the way, a remission doesn't last any longer than two years at the most. I've been symptom free now for almost ten. Here's how I did it ...

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