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The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition And Living Book 1)



Synopsis

A Proven, Step-By-Step Method To Preventing Lupus Attacks Through Healthy Nutrition Once And For All Discover how to finally prevent Lupus remissions for good so that you can be fit, healthy and energetic! In The Lupus Recovery Plan, you will learn specific step-by-step strategies to help you be able to understand and prevent lupus attacks through healthy and clean eating. The source of lupus attacks can be a variety of factors, such as having certain foods that cause inflammation, or it could be a deficiency in certain nutrients. The important thing to understand is that Lupus attacks can be prevented and that thousands of people have been able to overcome it, including myself. If you follow these steps, you will be free from lupus remissions in no time and no longer have any desire to indulge in inflammatory foods that you know is going to make you sick. You're well on your way to being free from lupus remissions, energetic, healthy, and happy for life! Here Is A Preview Of What You'll Learn...The Science of Lupus : Understanding the Reasons Why You Suffer from LupusThe Lupus Recovery Diet : Foods To Eat & Foods You Have to AvoidA Sample Nutrition and Recovery PlanVegan Food Options that Aid in Your RecoveryRecommended Resources List To Help You Fight Lupus BetterMuch, much more!

Book Information

File Size: 307 KB

Print Length: 23 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 9, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00S2I9NS2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #228,868 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #19

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #69

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Customer Reviews

No matter how many years I have had this book it continues to not only be a source of inspiration but a Rx for self healing and care..

Book is an easy read. Basic information for the person recently diagnosed with Lupus. Provides a general plan for the start of your battle against Lupus.

Small enough to read in an hour. I got exactly from it what I needed to get me going and to know what to buy when I go grocery shopping

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