



New Hope for People with Lupus: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions

Theresa Foy Digeronimo

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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!

"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

"Reading *New Hope for People with Lupus* helps you become a central player in the collaborative diagnostic and therapeutic process that is what medical care is all about. This book gives hope because there is hope, particularly after absorbing the pearls in this new partner in your medical care."

—From the Foreword by **Stephen A. Paget, M.D.**

From the Trade Paperback edition.

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