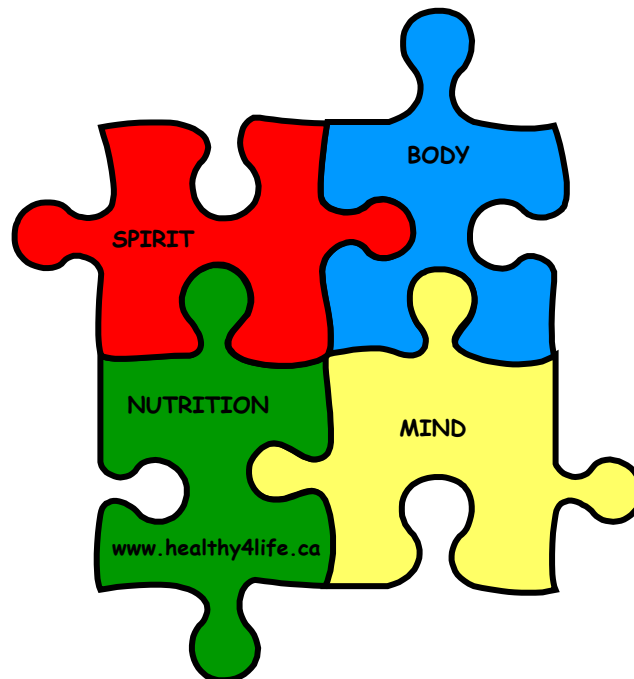


Nutrition and Lupus

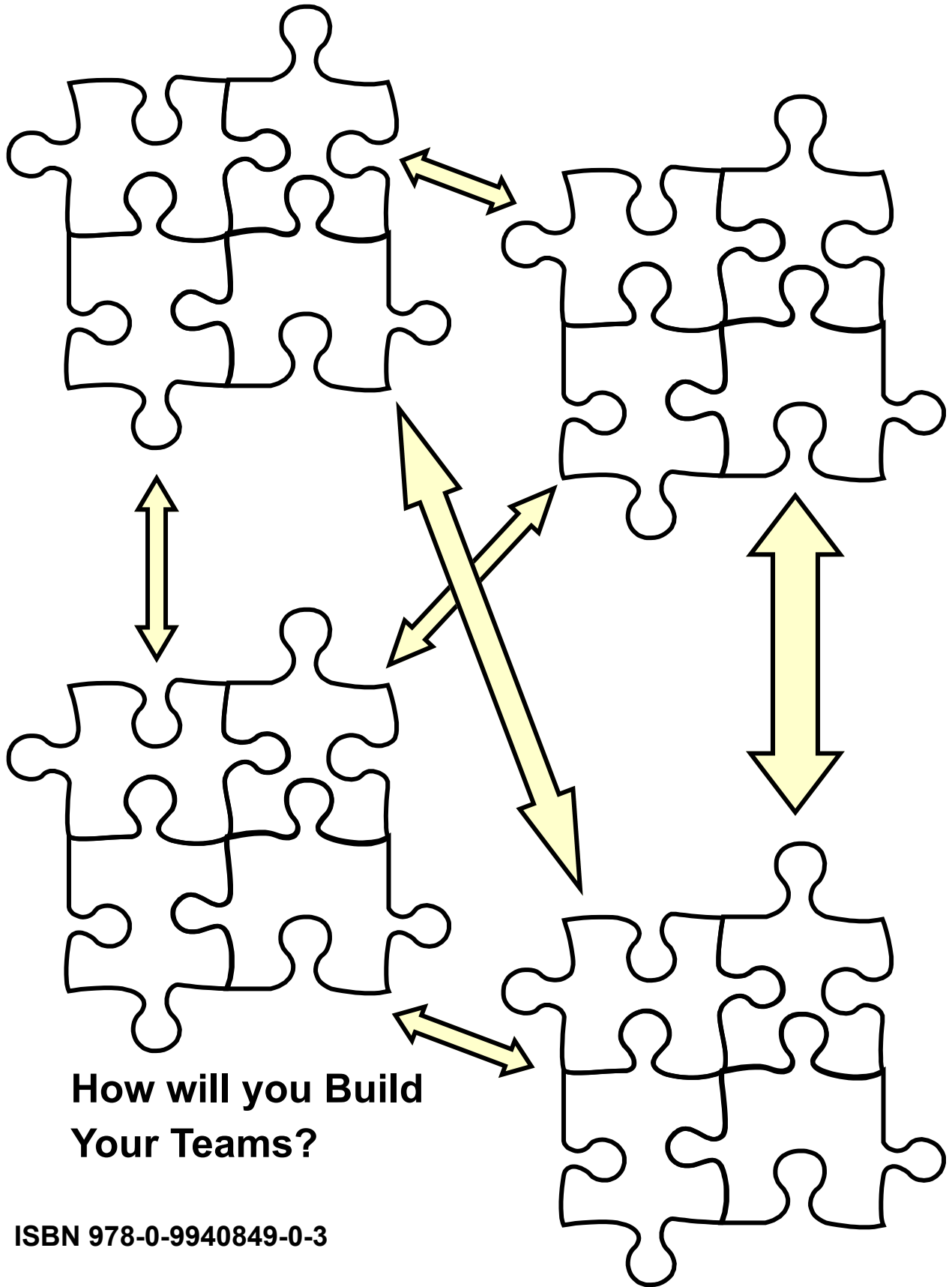
Book 4: Your Treatment and Support Teams

Living Well With Lupus

KNOWLEDGE AND HOPE



Cathy Ferren RHN
Registered Holistic Nutritionist



**How will you Build
Your Teams?**

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Nutrition and Lupus Book 4: Your Treatment and Support Teams

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Warning This book is a distillation of current nutrition science and stress management, as interpreted by Cathy Ferren based on her understanding and experience. Its purpose is to educate and inform those who wish to better understand the role of nutrition in health. It does not diagnose any disease or ailment. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused, or alleged to be caused, directly or indirectly by the information contained in this book.

Dedication

This book is dedicated to lupus patients everywhere and to all of my lupus friends, treatment teams, instructors, spiritual advisors and support team members over the years.

Each of you shares in my journey with lupus with all of its challenges and rewards. I am humbled by and grateful for the wisdom and knowledge each of you has given me.

Introduction

I share this fourth book in the series with you, as a product of my own life experiences learning to live with chronic illness, and learning how to use nutrition to improve my symptoms and wellbeing.

I may not be able to control the disease process, however, I can have a beneficial effect on my physical symptoms, psychological wellness and my spirituality through good nutrition and healthy lifestyle choices.

My hope is that in these pages you will find practical ideas to incorporate into your own wellness plan so you can live well with lupus.

Other Books by Cathy Ferren

Nutrition and Lupus Book 1: The Basics

Nutrition and Lupus Book 2: Movement

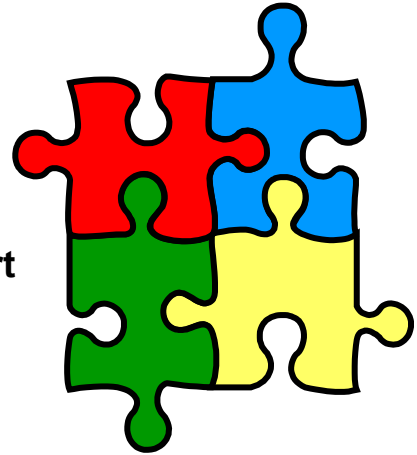
Nutrition and Lupus Book 3: Relaxation Plus!

Nutrition and Lupus Book 5: Spiritual Health

Smoothies Easy and Nutritious

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Build Your Teams

You Are In Control

You, The CEO of Your Team

You make the choices that build or destroy your team. The choices and therefore the control are yours.

The tips and guidelines in this book will give you tools you can use to help build the team you need and want with the ultimate goal of living well with lupus. This involves the mind part of holistic nutrition's body, mind & spirit.

Communication

Communicating With Your Health Care Professional

Your health care team is made up of many different specialists; doctors, rheumatologist, cardiologist, respirologist, neurologist, endocrinologist, dietician, physiotherapist, occupational therapist, psychotherapist, pharmacist, naturopath, chiropractor, osteopath, acupuncturist, massage therapist and others in the health care field. Your specific symptoms will determine which types of specialists make up your health care team.

Living with lupus requires the development of a positive relationship with a health care team. This is often a challenge for many people because you may feel intimidated by professionals who use words you don't know or become nervous about asking for further information if you do not understand. This anxiety can stop you from sharing important things with your health care professional.

Your doctors and other health care providers are also responsible for communication with you despite a busy schedule. As a patient, you deserve the right to information about your health. It is important to remember that the relationship developed with your doctors and other health care provid-