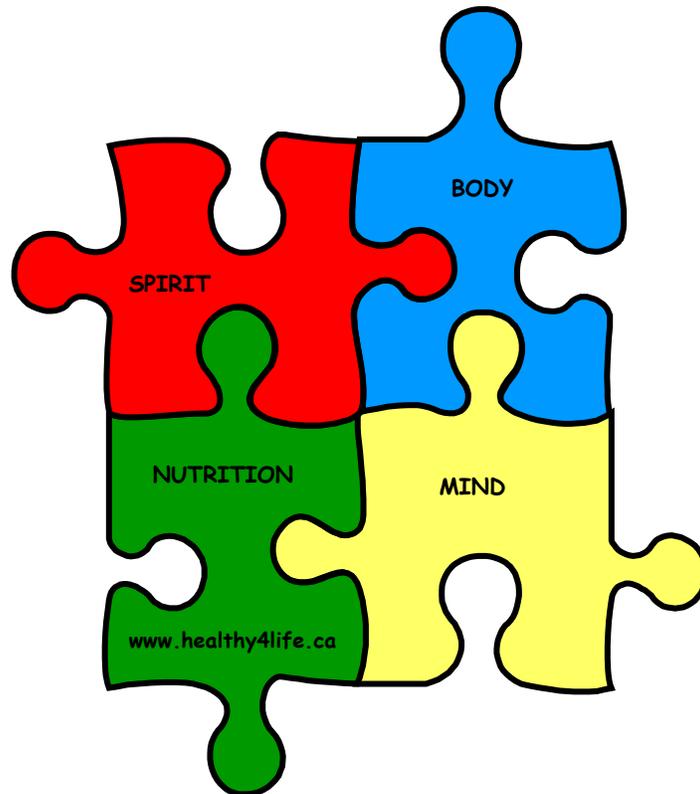


Nutrition and Lupus

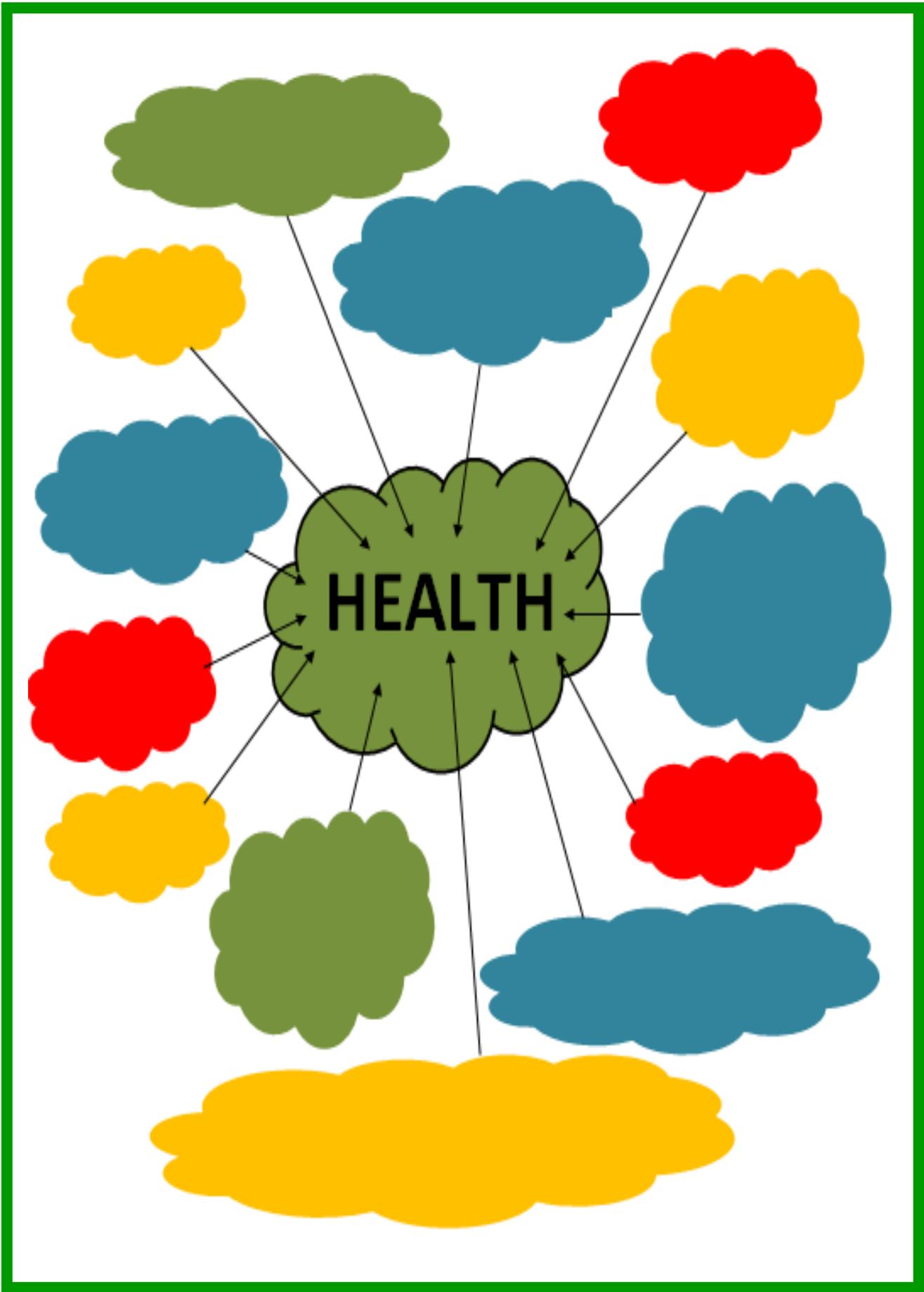
Book 1: The Basics

Living Well With Lupus

KNOWLEDGE AND HOPE



Cathy Ferren RHN
Registered Holistic Nutritionist



Nutrition and Lupus

Book 1: The Basics

1st Edition – Digital

Cathy Ferren RHN MAATO

Ferren Consulting



**YOUR BODY REFLECTS WHAT
YOU EAT, DRINK & THINK**

**EAT ORGANIC, DRINK CLEAN
& THINK POSITIVE WITH
GRATITUDE**

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Warning

This book is a distillation of current nutrition science, 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 first book in the series with you, as a product of my own life experiences learning to live with chronic illness, client feedback and learning how to use holistic nutrition to improve 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 2: Movement

Nutrition and Lupus Book 3: Relaxation Plus!

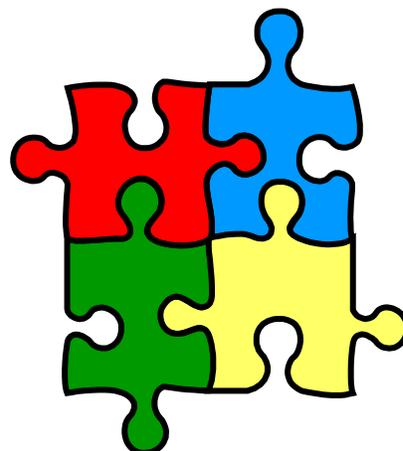
Nutrition and Lupus Book 4: Your Treatment and Support Teams

Nutrition and Lupus Book 5: Spiritual Health

Smoothies Easy and Nutritious

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Nutrition and Lifestyle Choices in Lupus

You have choices!

If you have systemic lupus erythematosus (SLE) or lupus for short; healthy, well-balanced nutrition and lifestyle choices should be integral to your lupus treatment plan. Having lupus puts you at a higher risk than the general population for other diseases, syndromes and mental health issues such as heart and other cardiovascular diseases, kidney disease, osteopenia - the precursor to osteoporosis, osteoporosis, malnutrition, digestive disorders like GERD, IBS, diarrhea, constipation, anxiety and depression. There are others too numerous to list here, where the focus in this book is on your nutrition.

Healthy nutrition and lifestyle choices are under your control. No one else can make you decide on healthy choices and no one else can do it for you. No one else can eat and drink for you. This is one area where you have all the control. Every day you can make healthy choices that affect your body, your emotions or thinking, and your spiritual health.

Healthy, well-balanced nutrition involves whole foods and clean water, which includes as much organic food as possible given your budget and how available organic foods are in your area. If the available food is not of a high quality, you may need to take supplements for a time to correct severe nutrient deficiencies.

Healthy nutrition means eliminating hydrogenated fats, trans-fats, refined grains, refined sugars, chemical sweeteners, artificial colourings, preservatives and limiting sodium or salt, caffeine and other stimulants. Healthy nutrition is not just what you eat and drink, but how effective your digestion is, how well you absorb the nutrients and how efficient your elimination is.

Clean water helps your body function properly. You need to investigate your drinking water source and have it tested if necessary, and then filter it based on the laboratory test results. Well water needs to be tested for a wide variety of bacteria, viruses, parasites, agricultural and other chemicals. If you use a municipal water supply you can use one of the retail car-

bon based devices, and other filters depending on what is in your water. For more information on water, Chapter 1 in 'Staying Healthy with Nutrition' by Dr. Elson M. Haas MD and Buck Levin PhD, RD will give you a good overview.

Healthy nutrition also includes limiting or eliminating food contaminants like pesticide residue, herbicide residue, chemical fertilizers, antibiotics and hormones which can be inside the food, not just on the surface.

After digestion, all foods become either alkaline ash or acid ash in the body. It is not whether a food tastes acidic but rather the effect it has in the body. Acidic blood tends to cause inflammation whereas more alkaline blood tends to decrease inflammation. The media is frequently talking about alkaline or anti-inflammatory diets which are about eating foods that produce alkaline ash in the body.

Healthy lifestyle choices involve: movement, exercise, breathing exercises, relaxation techniques, meditation, attitude, language or words spoken, spiritual exercises and seeking out/accepting help and support. Healthy choices are stopping smoking, limiting alcohol consumption, limiting caffeine, managing stress, setting smart goals, and having a healthy work/life balance. Choosing activities that bring you pleasure, fun and joy are important. It also includes using eco-friendly: personal hygiene products, building materials, cleaning products, laundry products and yard care products.

**You have
Choices!**