

how to beat
lupus
naturally

revised edition 2

Stewart Hare C.H.Ed Dip NutTh

The right of Stewart Hare to be identified as the author of this work has been asserted by him in accordance with the Copyright, Design and Patents Act, 1988.

Important notes

- This guide is not intended as a substitute for the medical advice, recommendation or treatment of a qualified medical practitioner.
- The content of this guide is intended as general information and for educational purposes only.
- Any person suffering from a condition which needs medical attention should consult a qualified medical practitioner.
- Any person who has symptoms that are causing concern should consult a qualified medical practitioner.
- Always consult with a qualified medical practitioner before changing your diet.

[Lupus: Get Rid Of It Naturally With CircuLive](#)

Lupus

The most common form of lupus is systemic lupus erythematosus (*SLE*). Inflammation of connective tissue, typically the joints, coupled with a butterfly-shaped rash on the face across the nose, cheeks and forehead is typical symptoms of the autoimmune disease systemic lupus erythematosus (*SLE*). Systemic lupus erythematosus (*SLE*) up to nine times more common in women than men, typically affecting those between twenty and forty years of age. As well as inflammation of the joints:

- The palms of the hands may become reddened
- Muscle aches
- Nausea
- Diarrhoea
- Loss of appetite
- Weight loss
- Chest pain
- Bruising
- Mouth Sores
- Hair loss
- Seizures
- Extreme tiredness

- Fever

are other symptoms.

Systemic lupus erythematosus (*SLE*) is an autoimmune disease, this is when the immune system attacks the body instead of protecting it. In the case of systemic lupus erythematosus (*SLE*), the kidneys, lungs, and vascular systems are at danger which can potentially be life-threatening. The exact cause of systemic lupus erythematosus (*SLE*) is unknown but it has been linked to the taking of drugs such as:

- Hydralazine
- Methyldopa
- Procainamide
- Chlorpromazine

Other triggers are:

- Industrial emissions
- Environmental pollution
- Chemicals such as hydrazine and the food dye tartrazine
- Ultraviolet radiation from the sun

Other elements which are risk factors for systemic lupus erythematosus (*SLE*) are:

- Free radicals
- Low blood levels of antioxidant nutrients especially beta-carotene, vitamin A and vitamin E
- Family history of systemic lupus erythematosus (*SLE*)
- Asthma
- Menstrual irregularity
- Other collagen diseases
- Exposure to toxic chemicals

The symptoms of systemic lupus erythematosus (*SLE*) can be improved by diet:

1. Eat a vegetarian style diet but include plenty of oily fish such as mackerel, herring, pilchards, trout, salmon and tuna and flaxseed and linseed
2. Avoid alcohol, sugar and caffeine
3. If you are a smoker, give up smoking
4. Avoid taking the contraceptive pill
5. Avoid taking hormone replacement therapy (*HRT*)
6. There has been a link to food allergies and systemic lupus erythematosus (*SLE*) especially allergies to dairy products, it may be worth cutting down on dairy products in your diet.
7. Good supplements to take for systemic lupus erythematosus (*SLE*) are milk thistle, flaxseed, evening primrose oil and fish oil

The following supplements may help if you are suffering from lupus

- B group vitamins
- Carotenoids
- Evening primrose oil
- Fish oil
- Flaxseed oil
- Hemp seed oil
- Milk thistle extract
- Selenium
- Vitamin C
- Vitamin E

Bonus Articles

The following are all articles taken from my blog...

NewBeingNutrition.com

Lupus Treatment: Omega-3 Fish Oil



What Is Omega-3 Fish Oil?

The meat of certain fish contains high amounts of omega-3 oils, these fish are referred to as 'oily fish'.

The following fish are all considered 'oily fish':

- Herrings
- Mackerel
- Pilchards
- Salmon
- Sardines
- Trout

Omega-3 fish oil contains high amount of essential fatty acids (EFAs).

Essential fatty acids (EFAs) contain many beneficial health properties, which apart from helping with the symptoms of lupus; can also help with the symptoms of the following health conditions:

- Asthma
- Rheumatoid Arthritis
- Psoriasis
- Ulcerative Colitis
- Crohn's Disease

Why Omega-3 Fish Oil Is Considered A Lupus Treatment?

Omega-3 fish oil is considered a lupus treatment because of the omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) within it.

Both eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) help to reduce inflammation in lupus sufferers.

How Much Omega-3 Fish Oil Do You Need As A Lupus Treatment?

As a lupus treatment, try taking up to 6 g of omega-3 fish oil per day and try adding a couple of servings of oily fish (about 100g) to your weekly diet.

So, To Sum Up...

- Omega-3 fish oil has beneficial health properties which can help many health conditions
- Omega-3 fish oil contains the omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA)
- These have anti-inflammatory properties which make omega-3 fish oil an ideal lupus treatment, as it helps to reduce the inflammation associated with lupus

Linseed (Flaxseed) Can Help You In Living With Your Lupus



What Is Linseed?

Linseed is also referred to as flaxseed.

Linseed (flaxseed) has been used for centuries for its medicinal properties.

Linseed (flaxseed) is extremely rich in omega-3 essential fatty acids (alpha-linolenic acid) and omega-6 essential fatty acid (linolenic acid).

The essential fatty acids within linseed (flaxseed), helps it to improve the immune system and protect against infections and certain cancers.

Apart from helping with lupus, linseed (flaxseed) can also help with the following of conditions:

- Arthritis
- Colitis
- Psoriasis
- High Blood Pressure
- High Cholesterol
- Coronary Heart Disease
- PMS
- Prostate Problems
- Constipation
- Irritable Bowel Syndrome

How Can Linseed (Flaxseed) Help You in Living With Your Lupus?

Linseed (flaxseed) can help you in living with your lupus because of the anti-inflammatory properties of the omega-3 essential fatty acids which are rich in linseed.

This helps to reduce the inflammation caused by lupus.

Plus, linseed (flaxseed) is rich in antioxidants, which can also help with the symptoms associated with lupus.

Clinical trials involving lupus sufferers, found that kidney function, atherosclerotic and inflammation all improved when taking linseed (flaxseed).

How Much Linseed (Flaxseed) Do You Need to Help You In Living With Your Lupus?

To help you in living with your lupus, try taking a couple of tablespoons of linseed (flaxseed) with water twice a day at mealtimes.

Note: linseed (flaxseed) is considered generally safe to take with no major side-effects.

But as with all supplements, please consult your doctor before taking linseed (flaxseed), especially if you are on medication or suffering from a health condition.

So, To Sum Up...

- Linseed (flaxseed) can help you in living with your lupus, because it is rich in omega three essential fatty acids and antioxidants
- These health properties within linseed (flaxseed) can help to reduce the symptoms associated with lupus

Important Information

- You have permission to copy, share, email, print and pass on this e-book version of '*How To Beat Lupus Naturally*' to anybody you like, as long as you do not make any changes or edits to the content or the digital format.
- You **DO NOT** have permission to bind and sell this e-book. The rights to bind and sell this e-book are strictly reserved.

You Can Share '*How To Beat Lupus Naturally*' With Your Friends

- You have permission to send this e-book version of '*How To Beat Lupus Naturally*' to your friends.

Tell your friends they can download this e-book version of '*How To Beat Lupus Naturally*' from this link: www.newbeingnutrition.com/lupus.htm

All the best

Stewart Hare C.H.Ed Dip NutTh