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Nota di contenuto	Intro -- Title Page -- Dedication -- Acknowledgments -- Contents -- Introduction -- Chapter 1 My Story -- Chapter 2 What Is Lupus? -- Chapter 3 Your Liver -- Chapter 4 Your Diet -- Chapter 5 Helpful Nutritional Supplements -- Chapter 6 Healing Herbs -- Chapter 7 Beneficial Fats and Oils -- Chapter 8 Environmental Toxins in Food -- Chapter 9 The Dangers of Toxic Dentistry -- Chapter 10 Traditional Chinese Medicine -- Chapter 11 Mind-Body Therapies -- Chapter 12 Caring for Your Spirit -- Chapter 13 How to Begin -- Epilogue -- Resources -- Notes -- Suggested Reading -- About the Author -- About Inner Traditions -- Copyright.
Sommario/riassunto	Sharon Moore, a lupus survivor, describes drug-free ways to nurture the mind, body, and spirit and writes with the understanding of someone who's been there. Chock full of specific, scientific, well-documented evidence on effective alternative treatments, this book is a godsend for anyone suffering from lupus.