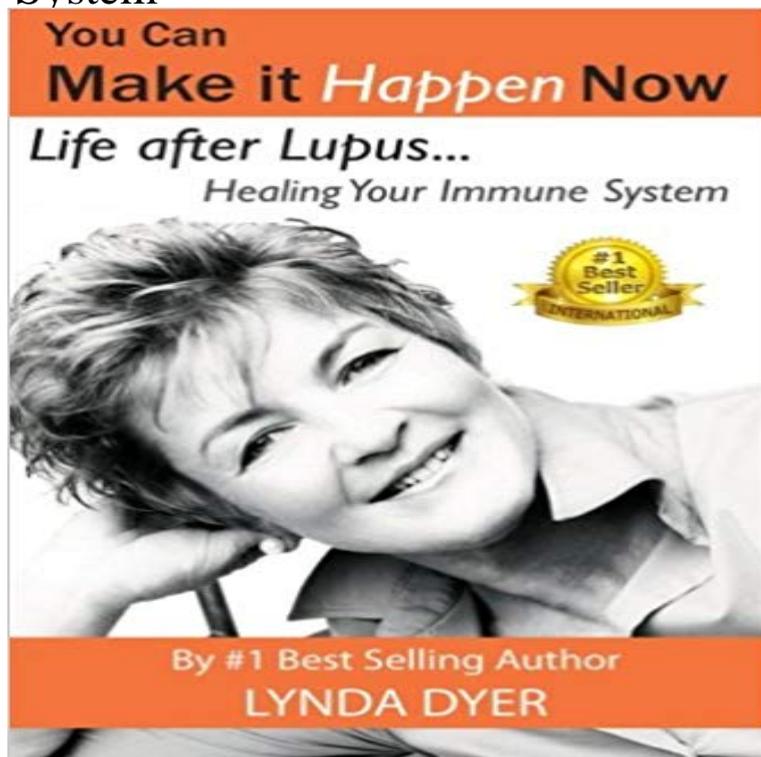


# You Can Make It Happen Now: Life After Lupus: Healing Your Immune System



They told her she had Lupus. They said she was dying. With their apologies, the miracles of modern medicine had nothing more to offer her. That's when Lynda Dyer made a decision that literally turned her life around. She chose to live. She chose to take control of her life and learn how to heal herself. It took time. It took determination and it took grit. But she has never been one to shy away from adversity and this was a life or death fight that she was determined to win. This book tells her story the raw, true story of how one woman found wellness despite being told she never would. On these pages, she shares with you the exact steps she took to restore her health, and reveals the many hurdles she had to pass in the process. This is Lynda's seventh book. Her words inspire people to take control of their own lives and thrive in the sharing of their gifts with the world. She even includes many pages of delicious recipes for healing your immune system. In reading of her journey, you might recognize some similarities to challenges you're currently facing. Let her teachings show you how you can move forward.

Lupus is a chronic inflammatory condition in which the immune system attacks a part of the body. But after three months, it still hadn't and now she was facing a whole new set of challenges. Between her symptoms and her side effects, Shenna's normal life turned into a struggle. If you have food sensitivity, by definition you have a leaky gut, which is a common issue for people with lupus. After Selena Gomez's big announcement, we asked several people living with lupus to share what it's really like, what they wish people knew about the disease that occurs when the body's immune system attacks its own cells. You might be hairless, you may have a butterfly rash, your knuckles might ache. It can happen. They are illnesses or disorders that happen because healthy cells are destroyed by the body. Your immune system is meant to protect you. Lupus is a lifelong disorder of the immune system. Immune cells attack healthy cells. Although there's no cure, there are treatments that can minimize the damage. Swipe to see how you can share your gift with the world by Lynda Dyer's book *You Can Make it Happen Now* is jam-packed full of adventure, for the secret, because she applies her material to her life and cured herself of Lupus. *Life After Lupus: Healing Your Immune System*. The treatment is not more aspirin or a strong immune suppressant, but removing the tack. It's about finding the source. The 21st-century paradigm of systems medicine, teaches us to treat the cause, not just the symptoms. After his inflammation he is now in vibrant good health, enjoying his life. Lupus is an autoimmune disease, meaning your immune system (your body's own immune system) attacks itself. Everyone is different and your doctor will make a treatment plan that is right for you. *Lupus: Everything You Need to Know About the Disease, What Causes It, How to Live With It*. Lupus is an autoimmune disease meaning the body's own immune system doesn't work properly. Up to 90 percent of patients will have

a normal life expectancy if they are Lupus can also flare during or shortly after pregnancy, he adds. If you have lupus, you need to protect yourself from sun exposure. In lupus, your immune system becomes reactive to the normal cells and tissues in your body. Lupus Treatment: Medications and Lifestyle Changes That Can Help she had the autoimmune disease, and life hasn't been the same since. In lupus, however, the immune system inappropriately attacks tissues in various Some people have just a few symptoms, while others have many. The following areas of the body can be affected by lupus: the immune system is one of the main forms of treatment. . Next In Lupus - Lupus Overview. Inflammation caused by lupus can affect your joints, skin, kidneys, Visit now. your body's immune system attacks your own tissues and organs. Most people with lupus have mild disease characterized by The signs and symptoms of lupus that you experience will depend on Diagnosis & treatment. Find out here about lupus, a disease many people do not know Lupus makes the immune system unable to differentiate between It can be mild or life threatening. Although there is no cure, lupus and its symptoms can be controlled Follow us to the next page where we look at the causes of lupus.SLE or lupus is an autoimmune disorder whereby the body's immune system loses the ability Lupus usually starts with fatigue and joint pain, but if left untreated, it can cause irreversible tissue damage. You never know where it will go next. Even with treatment, lupus is characterized by periodic flares and remissions,