

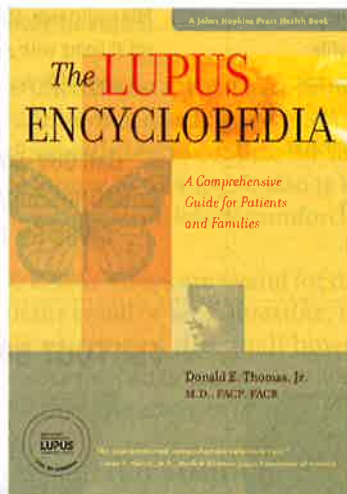
TRUSTED RESOURCES

When you have a serious medical condition, where should you turn for information? Doctors, nurses, support groups, and reliable websites are vital resources, of course. And so are quality, well-written books. Here we present books that we highly recommend about lupus and living with autoimmune conditions.

— Matt Mendenhall, Editor

The Lupus Encyclopedia: A Comprehensive Guide for Patients and Families by Donald E. Thomas, Jr., M.D., Johns Hopkins University Press, 2014, paperback, 912 pages, \$34.95.

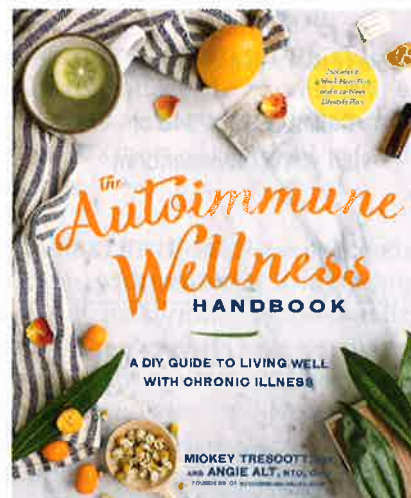
IN THIS EXCEPTIONAL book, Donald E. Thomas, Jr., M.D., a rheumatologist who has specialized in lupus for more than 20 years, provides detailed explanations of every body system potentially affected by the disease, along with practical advice about coping. For example, walnuts and flax seed may help, Echinacea can make lupus worse, and there are ways to decrease the severity of lupus-related fatigue and memory problems. Thomas writes in simple, easy-to-understand language, even though he is explaining a complicated medical condition. Illustrated with photographs, diagrams, and tables, *The Lupus Encyclopedia* explains symptoms, diagnostic methods, medications and their potential side effects, and when to seek medical attention. It also describes the many types of lupus-related pain and how to treat them. We can't imagine a more thorough, readable guide to lupus than this.



The Autoimmune Wellness Handbook: A DIY Guide to Living Well with Chronic Illness by Mickey Trescott and Angie Alt, Rodale Books, 2016, paperback, 304 pages, \$25.99.

Sample recipe

A 2012 INVESTIGATION estimated that about five percent of Americans — 14.5 million people — live with at least one of 81 autoimmune diseases, from arthritis to lupus to vasculitis. Mickey Trescott and Angie Alt have five autoimmune conditions between them, and over the last several years, they have documented their path to better health on Autoimmune-Paleo.com. The site is one of several online and published resources that advocate the Autoimmune Protocol (AIP), a philosophy that uses food as medicine to reduce painful symptoms and promote healing. Trescott and Alt have previously published cookbooks promoting the meat-and-vegetable-heavy paleo diet that is central to the AIP. *The Autoimmune Wellness Handbook*, which is due out in November, argues that a person who has an autoimmune disorder should be “a new kind of patient, one who is savvy enough to know that a whole-body and whole-life approach is necessary.” The book presents seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. Plus, Trescott and Alt feature 30 recipes that comply with AIP guidelines; one of them is presented at right.



Butternut Breakfast Bake

TIME: 1 Hour, 20 Minutes

SERVES: 4 to 6

INGREDIENTS

- 1½ pounds grass-fed ground beef
- 3 leeks, white and light green parts only, chopped
- 2 teaspoons ground cinnamon, divided
- 1 teaspoon sea salt
- ½ teaspoon ground cloves
- ½ teaspoon ground ginger
- 1 butternut squash, peeled and cut into 1½-inch chunks (about 4 cups)
- 2 sweet apples, cored and chopped (about 2 cups)
- ¼ cup coconut oil, melted
- 3 tablespoons chopped fresh parsley

PREPARATION

1. Preheat the oven to 400°F.
2. Brown the ground beef in a heavy-bottomed skillet on medium-high heat, making sure to stir occasionally to ensure even browning. When the beef is fully cooked, spoon into a large bowl, reserving the juices in the pan.
3. Turn the heat to medium and, in the same pan with the reserved juices, saute the leeks until tender, about 4 minutes. Add 1 teaspoon of the cinnamon, the salt, cloves, and ginger and stir to combine, cooking just until fragrant.
4. Add the leek mixture, squash, apples, and coconut oil to the bowl with the beef, and stir to combine. Pour into a 9 by 13-inch baking dish, cover tightly with foil, and bake for 45 to 50 minutes, or until the squash is tender.
5. Remove the foil and sprinkle with the remaining teaspoon of cinnamon and the parsley.

STORAGE: Keeps for a week in the refrigerator. Also freezes well.

VARIATION: If you can't get your hands on butternut squash, feel free to use a different variety (like acorn), or substitute sweet potatoes.



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Suggestions Welcome

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