

## Chapter 1 : Guide to Living Well with an Autoimmune Disease | Bottom Line Inc

*Living Well with Autoimmune Disease is the first book that goes beyond the conventional treatments by showing you how to work on your underlying autoimmune dysfunction with natural and alternative therapies.*

Living Well with Autoimmune Disease: That You Need to Know Did you know that having an autoimmune disorder predisposes you to developing other ailments? With a dysfunctional immune system, you could be more at risk for not only hormonal irregularities, multiple allergies and sensitivities, but also more at risk for other autoimmune diseases. Yet few doctors take the time to inform their patients of this, and even worse, few have suggestions for treatment or prevention other than medication. She saw a real need for a book about what causes autoimmunity, what specific symptoms are common to which diseases, and what the patient can do to work toward gaining the best possible health. She provides many case histories describing the difficulties involved in obtaining proper diagnosis, the complex trial and error sometimes involved in treatment, and the dramatic improvement in some of these patients once these obstacles were overcome. She begins by listing the various factors involved in shaping the immune system and what can cause the body to turn against itself. She discusses the prevalence of and risk factors for autoimmune disease. These factors range from ethnicity, gender and heredity to lifestyle, trauma and work environment. Shomon has detailed segments on a multitude of the most common disorders, grouping them by which bodily system they affect the most. Each segment contains a description of the disease, a list of symptoms, how it is diagnosed, who treats it and what the treatment options are. Several doctor visits and a biopsy two months later confirmed this. I find myself referring to the autoimmune condition descriptions frequently when I meet or hear about someone with one of these ailments or when a doctor decides to test me for one of them. These segments are lengthy enough for a proper overview of each ailment, yet short enough to enable one to glean the most important facts. Best of all, one does not need a medical degree to understand this book. After the specific disease descriptions, there are more general chapters on the latest research on treatment, holistic medicine, diet and emotional health. There is a lengthy checklist of autoimmune symptoms along with the diseases most commonly associated with them. A chapter that is particularly informative is the one about how to locate the proper physician. The book ends with details on putting together your own autoimmune repair plan. One thing I particularly like about this book is that it addresses alternative medicine yet stresses that one should never forego the treatment and advice of their doctor. Holistic methods are meant to complement, not replace, traditional medicine. This is one of the most valuable books in my library. I recommend it for anyone with autoimmune disease who wants a reliable reference handy.

**Chapter 2 : Living Well with Autoimmune DiseaseAtlas Drug and Nutrition**

*Living Well With Autoimmune Disease is the first book that to recognize that these conditions are closely related, not standalone, and frequently stem from toxic exposures and underlying dysfunctions that may be treatable using nutritional and alternative approaches to complement traditional treatments.*

Next, have your group count off from one to five. Every fifth gal needs to step away from the group. How many females in your circle of friends and family are now standing off to the side? Seventy-five percent of all cases of autoimmune diseases are diagnosed in women. So, chances are very good that you or someone you know will fall into this category. With these diseases being so prevalent, it is important to take charge of your health. Chronic pain and fatigue can be signs that something is not working right. What is an autoimmune disease? Currently, there are 80 identified autoimmune diseases, and as with any disease, early intervention can make all the difference. Your body dispatched the battalions of cells that normally recognize and eliminate foreign invaders such as bacteria to instead destroy healthy tissue. The attack can target any area, including the joints causing rheumatoid arthritis , the thyroid gland causing it to become overactive or underactive or nerve cells leading to multiple sclerosis. What causes the immune system to break down? That is the question scientists are trying to answer. It is widely believed that genes play a part in predisposing a person to an autoimmune disease. Researchers believe that it is probably a combination of genes and other triggers that cause the body to react and begin attacking itself. Since women in childbearing age are most often affected, some of those triggers could be hormones or pregnancy. Environmental factors, stress and viruses are also being looked at as contributing to these diseases. Right now there are no concrete answers as to what chain of events cause these diseases to manifest. Symptoms For many patients, the onset of an autoimmune disease feels similar to having the flu. There is a feeling of fatigue or malaise; inflammation in the joints is common along with dizziness. From there, the symptoms vary according to the disease. She can still remember the beginning stages: I felt like I was coming down with something, but never got sick; I just felt so run-down. But when her elbows began to hurt, she knew something was really wrong. Any position was painful. When I got home my husband had to help me in the house. I had no idea what was wrong with me. Department of Health and Human Services womenshealth. Getting a proper diagnosis It can take a combination of tests and seeing specialists that are familiar with these unusual symptoms and diseases to ensure a proper diagnosis. Doctors that specialize in fields that diagnose autoimmune diseases include those who are a rheumatologist, endocrinologist, gastroenterologist, dermatologist, hematologist, nephrologists and neurologist. And, many people will go several years before even talking to a physician about their symptoms. Once diagnosed, she was relieved. When I went to see him, he did a blood workup and referred me to a specialist. The battle is to keep the pain and symptoms under control and to prevent the disease from further destroying healthy tissues, joints or organs. These diseases can be life threatening if not treated. Many times it can take months to find the right drug protocol for a patient. There are side effects with many of the medicines used, and patients have to be aware of those risks, too. Carol began taking a rheumatoid arthritis medicine and was thrilled to discover she could once again strap on her favorite high heels without pain. But there were side effects. Eventually the pain returned, but thankfully she found a drug protocol that has worked well for the last three years. Debbie has also tried different medications, looking for that successful combination. Then after six years, I developed high blood pressure, and they discovered I had nodules on my lungs. The emotional toll Not only are these diseases devastating on a body, they also take their toll on the emotional life of the patient. Discovering you have a long-term illness, which can not only leave you disabled, but also perhaps end your life, can be an overwhelming prospect. Carol had dealt with her disease for more than 10 years before she talked to her doctor about her mental wellbeing. I kept changing medications, they all had such extreme side effects, and I was in pain and stressed out. I know my disease was getting worse because of the stress I felt. My doctor prescribed an anti-depressant. This has helped me feel more balanced. But in the end, Debbie found this was for the best: They understand that I have some bad days and help me physically, and support me. For most, it takes time to discover what in their daily lives has now become an obstacle and how to work around it. Debbie

also found she needed to keep living her life. But always keep track of how you feel and trust your instincts.

**Chapter 3 : Living Well with Autoimmune Disease - Bestselling Book**

*A complete guide to understanding the mysterious and often difficult-to-pinpoint disorders of the immune system--and finding the keys to diagnosis, treatment, and recovery. An estimated fifty million people suffer from symptoms including fatigue, joint pains, depression, or heart palpitations.*

At local bookstores everywhere Buy the Book at Amazon. Since those who suffer from one are more vulnerable to other autoimmune disorders not to mention that they may have a genetic predisposition toward a disorder , this informative self-help manual is badly needed. In addition to a detailed discussion of every type of autoimmune disease, the author provides advice on how to choose an appropriate medical team that will work to integrate conventional and alternative therapies Shomon, was diagnosed with an autoimmune condition in and has since become a lay expert on the subject Rather than simply treating the symptoms of an autoimmune disease, a holistic approach seeks to mitigate the disease itself by removing toxins from the body, treating food allergies, strengthening tissues, and regulating immunity. The author offers specific recommendations from a wide range of therapies Living Well with Autoimmune Disease should not only prove inspirational for those afflicted with these mysterious conditions, but also offers solid, practical advice for getting your health back on track. Written by Mary J. Shomon, a former autoimmune disease sufferer, this chubby page soft cover book is filled from front to back with easy-to-read descriptions of autoimmune disease in general along with overviews of many of the more than autoimmune diseases. It offers to help the reader gain greater insight into the environmental, genetic, hereditary, nutritional, and mind-body factors that make millions of people more or less susceptible to autoimmune disease - and it does it in an upbeat, trust-your-instincts way. In addition, it leads the reader through the maze of key symptoms, diagnostic procedures, and conventional treatments for the most common autoimmune diseases - as well as the most innovative and promising new and alternative treatments. Of particular help to many readers will be the chapter on "finding and working with the Right Practitioner. Mary Shomon is an exceptionally skilled journalist who writes from the perspective of someone having lived through an autoimmune disease Her questions were highly targeted and oriented toward practical recommendations for her readers The book is a major shortcut to a wealth of information. If you have an autoimmune disease, it can save you months of time I pre-ordered your book. It arrived on Friday night. It made me feel like there really is hope for dealing with this disease. I have struggled with the doctors on this one. After much frustration with a local Endocrinologist, I went to a university medical center. I received a more comprehensive diagnosis and a compassionate doctor, but still not many answers. The answers I have not received from the docs are how to cope with the symptoms of fatigue, weight gain, toe pain. I need to find a good naturopath, one who understands autoimmune diseases. Thank you again for such a wonderful book which helps people like me start to "put it all together and make sense of it. Living Well with Autoimmune Disease helps readers pinpoint symptoms, find the right practitioner, and learn cutting-edge approaches to reduce symptoms and reverse their disease. She also includes a page checklist of risk factors and symptoms helpful when you have no idea what condition you might have , a guide to finding and working with the right practitioner, and an extensive resources section that includes patient support organizations, Web sites, and books Langer, MD, author of Solved: The Riddle of Illness, and Solved: The Riddle of Weight Loss, and nationally-known anti-aging and preventive medicine expert practicing in Berkeley, CA "Mary Shomon is a leader in understanding the information patients need when it comes to autoimmune and thyroid disorders. Not only do patients need this information, but her books should be required reading by doctors so they understand the concerns and fears of their patients. Her book will enlighten you about how to diagnose, treat and possibly even prevent, autoimmune disease in yourself or someone you love. Mary has my highest respect for her careful research and the way she presents both the conventional and the alternative aspects in a way that anyone can understand. It gives hope to those who suffer from chronic illnesses. This is a wonderful book that provides information and solutions and I would highly recommend this book to my patients.

**Chapter 4 : The Immune System & Its Link to Rheumatic Disease**

*After living with an autoimmune disease for over a decade I have experienced both living well, and not so well during that time. I've had periods of flares, years of remission and years of soul-growth and healing.*

**Chapter 5 : Living with an Autoimmune Disease â€” The Savvy Gal**

*It is possible to live a full, vibrant life with autoimmune disease. But sometimes it can feel very confusing and isolating. This group will provide community, connection, support and information that.*