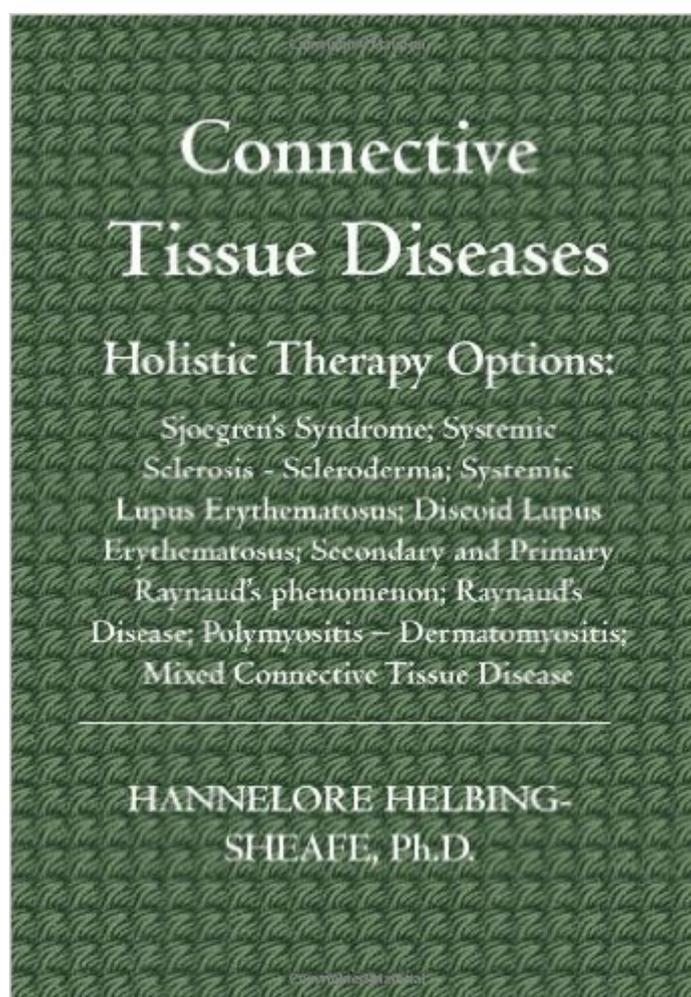


The book was found

Connective Tissue Diseases: Holistic Therapy Options--Sjogrens Syndrome; Systemic Sclerosis - Scleroderma; Systemic Lupus Erythematosus; Discoid Lupus Erythematosus; Secondary And Primary Raynauds Phenomenon; Raynauds Disease; Polymyositis Dermatomyositis





Synopsis

Hannelore Helbing-Sheafe's constant struggle with her health was a powerful motivator to investigate possible ways to help herself and others. The focus of her practice was always on finding the cause of the problem and instructing patients in using correct nutrients and/or natural medicine and therapy to correct and reverse existing health problems. Her main focus has been to seek balance in all body systems. *Connective Tissue Diseases - Holistic Therapy Options* provides valuable information about holistic therapy options for patients afflicted with connective tissue (collagen) problems. Detailed information is given regarding current medical diagnostic procedures and treatment, followed by holistic therapy options. The book also provides details about the multiple, complexing symptoms experienced during this illness. *Connective Tissue Diseases - Holistic Therapy Options* is an education on 'Nature's Pharmacy'. It promises no miracle cures; instead, it lists natural substances that soothe pain, improve circulation, repair and restore connective tissue to normal function, reverse illness to a more manageable level and give the chronically ill patient quality of life and hope.

Book Information

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Customer Reviews

Even though the title is in medical jargon, this book is really for the average person trying to get a handle on how to deal with their particular connective tissue disease from Lupus to CREST to some weird rash related to an auto immune reaction. After a short intro on how the author came to write about connective tissue diseases, the book takes each disease, or condition, and systematically going through the symptoms, conventional medical treatment with their side effects and then alternatives including foods to eat or avoid, supplements, and related treatments. After this there are

sections on herbs and foods that are antibiotic, that help vasolate the blood vessels--ie open them up to help circulation, especially in the extremities: fingers, toes, hands and feet, and items that do other specific work with the body to alleviate symptoms--not just masks them. While the author includes conventional medical treatments, she clearly favors alternatives. This is useful, because many folks do use treatments from both conventional and complementary medicine concurrently. Since the book is some years old, it does not have some of the latest treatments, or some treatments that are not widely known or accepted by mainstream medicine, even if they are allopathic--ie medical treatment based on pharmaceuticals. What I found most helpful about the book is the last section on complementary treatments for various symptoms. This book is not the end-all-be-all for complementary/alternative treatments for auto-immune diseases, but it is a good general guide to begin looking at what may make symptoms better or worse and how to improve your quality of life while living with an auto-immune condition.

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