



The Lupus Recovery Diet: A Natural Approach to Autoimmune Disease That Really Works

Jill Harrington

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In 1995, Jill Harrington was searching for relief from the pain and fatigue of systemic lupus, an autoimmune disease. Her joints were swollen and painful, and she could barely walk. Her knuckles and fingers were so inflamed that she couldn't even hold her husband's hand. She could not accept that she'd have to live this way for the rest of her life. After years of searching, she finally found doctors who taught her that your diet and lifestyle can dramatically affect autoimmune disease. Jill has now been free of lupus symptoms for over 17 years. After years of being pain free, she wrote this book to share her story with others. She also includes the stories of 11 other people who, after similar diet changes, also got dramatic results with their lupus, rheumatoid arthritis and fibromyalgia. Jill has now heard back from hundreds of people who rave about how much better they feel. The book includes details of the program and easy recipes.

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