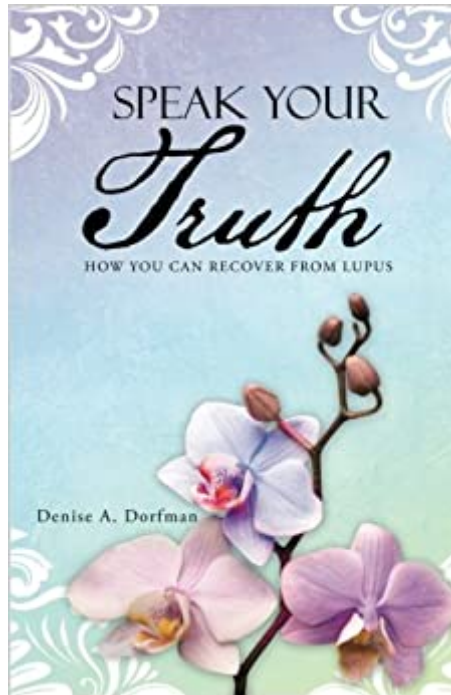




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# **Speak Your Truth: How You Can Recover From Lupus**



## Synopsis

Speak Your Truth: How You Can Recover from Lupus is part memoir, part self-help book. Denise Dorfman takes you on her own self-healing journey and teaches you how she recovered from lupus. She now lives a happy, healthy life with no active disease. If you have been diagnosed with lupus, you too can learn how to improve your health and even recover from lupus by learning the main probable mental causes of lupus; using your mind to manifest wellness; employing simple lifestyle changes to feel better each day; and choosing the right affirmations for the major symptoms of lupus you are experiencing.

## Book Information

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## Customer Reviews

Denise Dorfman provides a new and different way of looking at health and disease. Apply the principles outlined within, and you may discover your own unique pathway to health and wellness. Start your healing journey today! Denise Dorfman is a level II Reiki practitioner who holds an MBA. Diagnosed with lupus in 1996, Denise decided to simply change her thoughts and lifestyle. Six years later, her rheumatologist confirmed she has no active disease. Denise now lives a happy, healthy life in the Washington, DC, area.

I found this book to be very accurate, well researched, and most of all full of hope and inspiration. How do you cure a condition that even medical professionals/scientists/researchers don't understand? And immune-deficiency diseases, once perceived as incurable, are on the rise. I was originally told I had sle lupus over 26 years ago. Then, in addition to my ana blood test, I developed

a positive RA factor. Rheumatoid arthritis, it runs in my family, so maybe I didn't have sle at all, but the symptoms and devastating lack of mobility and exhaustion told a different story. Skin rashes (mylar), fatigue, depression, sores in my mouth, mutated cancer cells, irreparable joint damage, and bone deterioration from steroid use--everything pointed to lupus. Yet, over two-and-a-half decades ago, I was told you couldn't have both conditions, which were lumped together in the same medical category. Inflammation in the body can spread and damage any and all parts of the biological systems that sustain life and good health. In fact, as the immune system further depletes itself, inflammation continues to spread, increase, cripple. It is a vicious cycle. I have managed to remain on my feet, out of a wheelchair for over 15 years, giving my chair with wheels to a stranger who I was sure needed it more than I did, and I've never looked back. I mentor young women, who are the majority of people who have sle/cns lupus and other immune-deficiency conditions through my blog and by speaking to groups of people interested in good health and overcoming that which we were once told would only progressively get worse. If I and this author can reduce our inflammation and remain active, so can others. This book is an excellent guide to allow the body to heal itself, which is what we all must do. Diet and determination, exercise, and belief in our own healer within, can produce miracles ... as I too "Speak the Truth" in praise for Denise Dorfman's revealing account of her life and strong beliefs.

Great book with information that is hard to find other places.

Very good

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