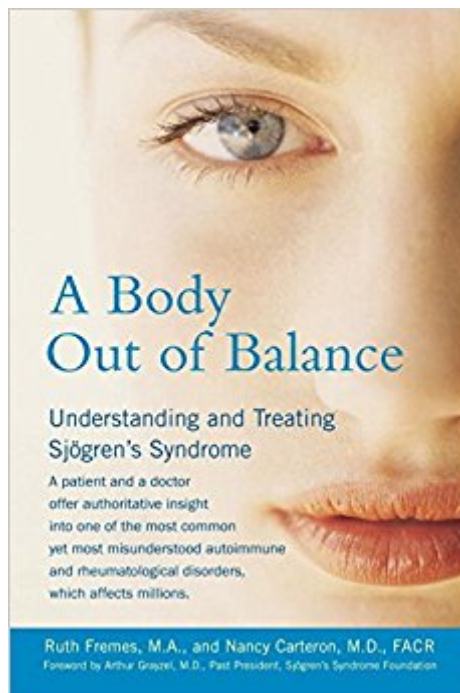




The book was found

A Body Out Of Balance: Understanding And Treating Sjorgen's Syndrome



Synopsis

One of the most common yet underrecognized autoimmune and rheumatological disorders. Sjögren's (pronounced SHOW-grens) syndrome, or SjS, affects more people than rheumatoid arthritis and lupus combined. Difficult to diagnose, SjS is characterized by symptoms that shift almost daily, usually beginning with vague discomforts such as dry eyes and dry mouth, then advancing to more severe concerns such as joint pain and swollen glands. A Body Out of Balance provides a comprehensive guide to the wide array of symptoms, traditional and complementary treatments, and invaluable coping methods, so patients may devise a personal treatment plan. Co-written by a woman living with the disease and by a physician who has treated countless SjS patients, this indispensable resource will enhance awareness and demystify this often-misunderstood disorder.

Book Information

Paperback: 208 pages

Publisher: Avery; 1 edition (December 1, 2003)

Language: English

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Product Dimensions: 6 x 0.6 x 9.1 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 40 customer reviews

Best Sellers Rank: #416,761 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #165 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #240 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

Customer Reviews

Ruth Fremes, M.A., the author of nine books on health and nutrition and is the leader of a Sjögren's Syndrome support group. Nancy Carteron, M.D., is a fellow of the American College of Rheumatology in San Francisco. Her extensive research on autoimmunity has appeared in numerous medical journals and publications.

This book taught me a ton about Sjogrens. I had so many aha moments when I realized some of my weirdisms are likely symptoms of the illness. I would recommend this to anyone learning about

Sjogrens ESPECIALLY someone who was recently diagnosed.

Anyone with Sjogrens knows how hard it is to find information. This book is an easy read and addresses many of the questions I have had about this disease. I have been very frustrated with the lack of information, especially from my doctor. This book filled in the blanks for me, especially about the potential long term issues. I bought a copy for my GP who I am proud to say recommends to her patients!

Thought this was worthwhile reading, but limited by 2003 publication date. Nevertheless, I learned a lot. Also, there was no way (at least on my iPad) on accessing the numerous Index entries. I can understand the difficulty using page numbers, but it should have been easy enough to link as other books I downloaded on Kindle have.

I didn't pay attention to what the book was about in some of the reviews. It is her story with not much about what people can do with autoimmune disease, new treatments, etc.

Excellent book.

Super Purchase!

A lot of good info, but not as much as one of the other books I got.

Patient stories throughout which were relatable to me. Good information about tests, symptoms, overlapping with information from a doctor and patients. It was easier to read and gave great basic tips for folks still seeking answers in a format which was printable to share on a first visit.

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Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3)
Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes)
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)

Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) Cash Balance Combos: A Practical Guide for Understanding and Operating Cash Balance/Defined Contribution Plan Combination Arrangements Your Flight is Out-of-Balance, Captain!: The Role of Effective Communication in Today's Aircraft Weight & Balance Planning Journeys Out of the Body: The Classic Work on Out-of-Body Experience Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias and more The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, Colon ... Pancreatitis, Cirrhosis, Hernias and more Treating & Beating Fibromyalgia and Chronic Fatigue Syndrome: a step-by-step program proven to help you get well again! Diagnosing and treating Chronic Fatigue Syndrome: its mitochondria, not hypochondria The Carpal Tunnel Syndrome Book: Preventing and Treating CTS Tranquility For Tourette's Syndrome: Uncommon Natural Methods For Treating Tourette's, Healing Symptoms, and Diminishing Your Tics A New IBS Solution: Bacteria-The Missing Link in Treating Irritable Bowel Syndrome Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga) Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction

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