Living Well with Autoimmune Disease

What Your Doctor Doesn’t Tell You … That You Need to Know

Author: Mary Shomon

Living Well With Autoimmune Disease is a complete guide to understanding the mysterious and often difficult-to-pinpoint autoimmune disorders. It is written by a bestselling health writer and patient advocate who believes in empowering patients with both conventional and alternative information, resources and self-care tactics that help get a proper diagnosis and life-changing treatment. Featured are first-person accounts from autoimmune disease patients, recommendations and treatment suggestions from some of the nation’s leading practitioners, a detailed Risk Factors and Symptoms Checklist that you can take to your practitioner to aid in diagnosis, information on the latest innovative conventional and alternative treatments for autoimmune conditions, a detailed resources section featuring patient support groups, hotlines, websites, practitioners and more to help you in your effort to live well, and a look at the future of autoimmune disease diagnosis and treatment.

You Can Cope with Peripheral Neuropathy

365 Tips for Living a Full Life

Authors: Mims Cushing and Norman Latov, MD
Publisher: Demos Health, New York, NY, (800) 532-8663, www.demospub.com

You Can Cope with Peripheral Neuropathy, written by both a patient-expert and a doctor, is a resource and guide for anyone living with peripheral neuropathy or for those who suspect they have it but have yet to be diagnosed.

Peripheral neuropathy is a common disease, affecting upward of 20 million Americans, and yet most people have never heard of it. It causes pain and numbness in one’s hands and feet. The pain is described by those who have it as a tingling or burning sensation in the limbs, while the numbness is often compared to the feeling of wearing a thin stocking or glove. Because its extent and importance have not yet been adequately recognized, the disease is often misdiagnosed or thought to be a side effect of another disease, such as diabetes, cancer or kidney failure.

The book covers topics that range from what to ask your doctor, to advice on traveling and making your home easier to navigate, to finding a support group, to using vitamins and herbs for treatment. The authors’ goals in writing the book are threefold. First, they hope that the medical information will explain how physicians approach the diagnosis and treatment of neuropathy, and answer some frequently asked questions. Second, they want to help people with the 365 tips gathered from exercise trainers, professionals specializing in many different fields, lecturers, neurologists, caretakers, books and other resources. And, last, with the personal histories written by people affected by peripheral neuropathy, they look to inspire and further educate people about this confusing disease.

The Autoimmune Diseases, 4th Edition

Authors: Noel Richard Rose and Ian R. Mackay
Publisher: Academic Press, St. Louis, Mo., (800) 545-2522, www.elsevierdirect.com

While this edition of The Autoimmune Diseases has been in print since 1996, it is now available for a free download at 4ebooks.org. Added to the fourth edition is a more in-depth look at the immune mechanisms underlying autoimmunity and autoimmune disease. The newly incorporated material combines common themes underlying inductive and effector mechanisms and therapies that relate generally to the autoimmune disorders. Also included are tissue-specific interventions to arrest or “cure” autoimmune disease; bone marrow eradication and replacement; basic science and clinical medicine; and boxed points to emphasize key features of each chapter.
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