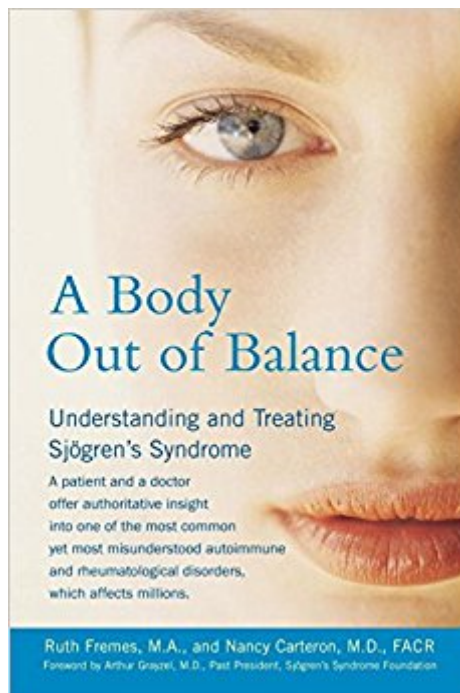




The book was found

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

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Product Dimensions: 6 x 0.6 x 9.1 inches

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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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