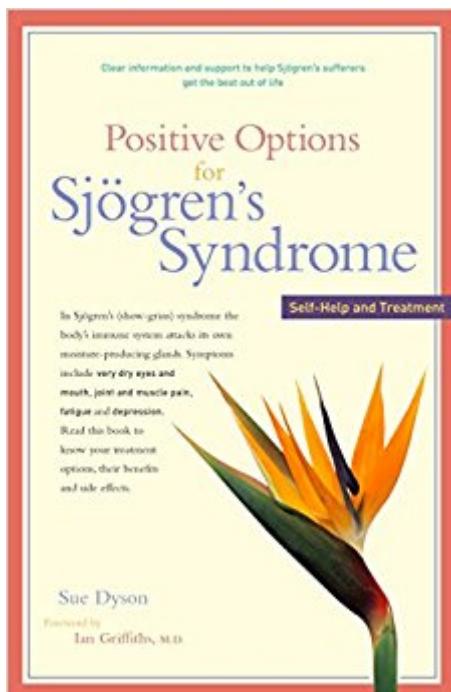


The book was found

# Positive Options For Sjögren's Syndrome: Self-Help And Treatment (Positive Options Series)



## Synopsis

Sjögren's (pronounced åœeshow-grinså•) syndrome, the most common autoimmune disease after rheumatoid arthritis, can affect both sexes and all races and strike any age from children to the elderly. In Sjögren's Syndrome, the body's immune system attacks its own moisture-producing glands. This book, written by a woman who has Sjögren's, presents and evaluates a full range of treatment options, conventional and alternative, providing unbiased assessments of their possible benefits and side-effects. Author Sue Dyson discusses everything from how Sjögren's affects the body to exercise, pregnancy, and relationships.

## Book Information

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## Customer Reviews

This is a book I can thoroughly recommend. It&#133; explores in great detail many of the issues which are not covered in often busy and hurried consultations with doctors, dentists and opticians. - Ian Griffiths, M.D., from the Foreword

I am very newly diagnosed with Sjogren's. There is not a lot of reliable information to be found online and much of what is out there is very negative and depressing. I am a big believer in the mind / body connection and prefer to take a positive approach to dealing with my condition. This book is a great resource, covering many traditional treatment options, as well as natural alternatives. I really like that this book was written by a Sjogren's patient, as she can speak from a place of personal

experience, not just clinical facts. My only negative about this book is that it is a few years old now and I would like to see an updated version. At just over 100 pages, I was able to get through this book in just a few days. I highly recommend this for anyone wanting some solid, easy to read information on Sjogren's Syndrome.

If you have this syndrome it is good information.

Lots of helpful info.

Good for newly diagnosed Sjogren syndrome patient . This is full of all kinds of important information to help you make Sjogrens a little bit more understanding . Will buy from this seller again

This book helped me allot. I was diagnosed a few years ago and had tons of questions. This answered most. If you have or think you have Sjogren's Syndrome, order this.

A very detailed book. I learned you can control many of the autoimmune diseases with simply changing your diet. Many of the problems I was having was from not having information from my doctors. Having the wrong diet causes inflammation and other problems in the body. I can now control the illness without taking those horrible medications, which for Sjogrens causes blindness! Homeopathic medicine, low stress, proper daily care for your body, spirituality and the right supplements takes care of everything!

I was diagnosed with Sjogrens this past year and have read pretty much every resource available. If you want a comprehensive guide in a very succinct, very straight forward, easy to read format, this book is for you. Truly. This book has what all the others have but gets straight to the point.

Wife found it helpful and informative

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