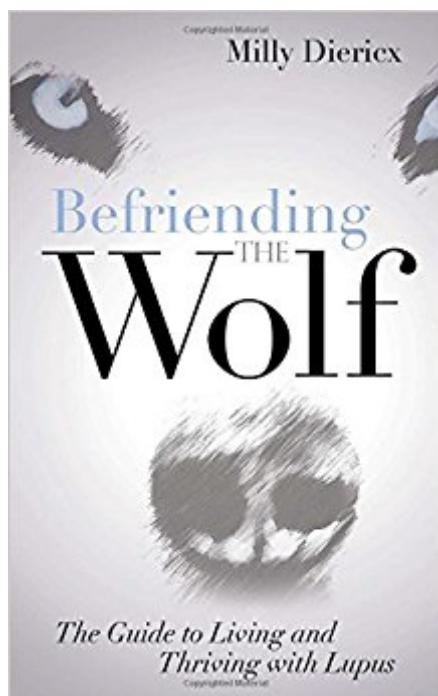


The book was found

Befriending The Wolf: The Guide To Living And Thriving With Lupus



Synopsis

Milly Diericx nearly died in a full-blown Lupus attack. But she not only survived — she learned to thrive. In these pages, she reveals the keys to her survival, how she reframed what was happening to her, and the practical ways to alleviate common physical symptoms and emotions related to this disease. *Befriending The Wolf: A Guide to Living and Thriving with Lupus* is a comprehensive guide to alternative methods of healing for this pervasive ailment. You will experience self-esteem, emotional wellbeing and proven, practical tips from the inside-out. Milly Diericx has dedicated her life to trying alternative healing modalities, speaking clearly and honestly about them and their efficacy. Milly reveals how the answer to the unique questions posed by having an autoimmune disease can be found in a three-tiered system, approaching our physical, mental-emotional and spiritual dimensions in order to bring greater healing to our whole beings. *Befriending The Wolf: A Guide to Living and Thriving with Lupus* brings together home remedies, tips, alternative techniques and healing methods designed to make autoimmune disease sufferers more comfortable, their symptoms easier to manage and alleviate, and their general outlook more positive and proactive by befriending the condition and learning to work with it, instead of against it. If you or anyone you know is suffering from Lupus or any other autoimmune disease and you're interested in getting back in the driver's seat, this is the guide for you.

Book Information

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Customer Reviews

Milly Diericx was diagnosed with Lupus Erythematosus Systemicus in 2001. Her diagnosis inspired

her to search for alternative means of dealing with this condition. She is now a dedicated therapist, teaching proven methods that bring solace and hope to others. She lives in Mexico City with her family.

25th December, Christmas Day. My spinal cord was inflamed and horribly painful, the fever was back to alarming temperatures, my whole body arched in spasms, and I could not deal with the pain anymore. My mother searched frantically for medical help. The only doctor available was a geriatrician whose older patients tend to get sick in winter, so he hadn't left for the holidays. My husband was still in the city, so my parents took me to the doctor's office. He only agreed to see me on Christmas Day because my symptoms were so serious. When he saw me, doubled over in pain, sitting in a wheelchair, unable to move, burning with fever, he was appalled. I sat there listening while my mother recounted the week's events. Listening to the story, I could not believe it had taken this long to see a doctor. By his face, I could tell that the doctor couldn't believe it either. In my mother's voice, I could hear despair, guilt, helplessness. He could hear it too because he didn't say anything to the fact that we had waited this long. He just uttered the ominous pronouncement, "I think she has lupus, an incurable disease, and by your account, she has an incredibly virulent attack. She has only a couple of days to live." "Merry Christmas!" was my only coherent thought, or the only one I remember. Silence reigned. Everyone was in shock. It took a few minutes to sink in. They had to ask the question, of course: "Doctor, is there anything you can do?" He prescribed prednisone (or cortisone) in massive doses, not with a lot of hope, but he had to do something. When the initial shock wore off, depression set in and the next weeks were a blur. My parents called my husband with the news and he came back immediately, but I don't really remember him being there, nor do I remember my children being there, or the nurse that was hired the next day to care for me. All I remember is the void, a huge dark void that had become my entire existence. After a diagnosis of impending death, when you don't die immediately, there follows an endless pilgrimage of doctors, tests of all sorts, second opinions, and general despair and confusion. My family was going berserk, taking me to specialist after specialist, looking for that person who would say something different, something they wanted to hear. They were in a panic. I was still in shock and so darn sick that I honestly could not give a damn. I felt like a piece of driftwood in an angry sea. Decisions were made for me, I was never consulted, almost ignored, and it was just fine. I had no energy to think, let alone decide. Appointments, doctors, tests all went by in a blur. The inevitable conclusion was the same: I had systemic lupus erythematosus, an incurable

and often lethal disease, and the attack was so virulent and aggressive that I would most likely die very soon. Actually, the doctors did not understand how I was alive still. They just flooded my body with huge amounts of cortisone, transplant strength immunosuppressants, quinine (Plaquenil), and kept me quiet. Time would tell.

I have lupus and and several other autoimmune diseases. This book was truly able to help give me some practical tips when dealing with my lupus symptoms. I am very thankful to have found this book. I have already started implementing some of the tools that were given to me while reading this book. I highly recommend this book to anyone that is dealing with Lupus. Some of the tips were just using all natural products and other types of excellent ideas like setting small goals are things that I had thought about before then maybe had forgotten about or didn't really know how to implement I highly recommend it please buy at the other story is also very compelling and inspiring as she battled lupus .

Her personal story and her determination to heal are inspiring. Not only to deal with Lupus but for everyday life struggles. Many books just tell you to be happy and be positive but in this book the author takes you by the hand in a practical way and shows you HOW to do it, with specific and understandable techniques. It has also been an interesting journey to get to know me better. Thank you! I just bought three more books for my mother and sisters.

This book is a must read for anyone who has been diagnosed with a terminal illness. However I will also recommend Milly's insights, for anyone who would like to learn great techniques to develop a stronger mental and spiritual life that will reflect immediately on a healthier body!

I Loved Milly's Book, her testimony on her personal experience going through Lupus is inspiring, she tells her story in a simple , yet entertaining way, it took me 2 days to read it!. And I found That I learned a lot, about Lupus, about Alternative Therapies, and mostly about Balance and Wellness. Thank you, for this Beautifully written biography.

Great book, easy to understand, helps you learn about other ways to help yourself besides medicine, you have to help yourself and be willing to work with everything there is!! Thank you for sharing your story with us!!

I was given the opportunity to read an electronic copy of *Befriending the Wolf* via NetGalley and Morgan James Publishing. This is my honest opinion of the book. Author Milly Diericx has been living with a lupus diagnosis since her 30's, although she had symptoms stretching back into her childhood. After a particularly aggressive flare up, which resulted in her needing massive quantities of medications such as steroids, immunosuppressants, and quinine (Plaquenil, a main lupus medication), Milly found herself in a pit of depression and self pity. In unrelenting pain, where not only did all of her joints hurt, but her skin as well, Milly finally turned a corner. She decided to start living with her condition, instead of being ruled by it. Throwing away all but the essential medications, Milly fought her way back. As lupus attacked her body, she started using homeopathic methods and alternative therapies to create balance. This is one person's view on how she dealt with having an autoimmune disease take control of her life. The book is not a fact of medicine, but the opinions of one woman. Her power of positive thinking and ability to feel in control of lupus is not for everyone, as some people believe in spiritual awareness more than others. However, the author does have some good advice about identifying your triggers and using the activities that you love to reduce your stress. Sleep whenever you need to, as rest helps, and reduce time in the sun. Her contention is, if you control the rest of your body functions, your symptoms of lupus will not take hold as much. The mindfulness exercises are helpful to those who prescribe to this way of thinking and cannot hurt to try. Overall, *Befriending the Wolf* is not for everyone, but can provide some methods of positive thinking to help readers deal with autoimmune diseases such as lupus.

Befriending the Wolf is a self-help book for those suffering with autoimmune disorders, up to and including lupus. Milly Diericx takes us through her journey to balance with her lupus symptoms, and then balancing that with her life. This is a very practical guide to seeing yourself as a whole person and not just as your disorder - the first very necessary step to finding balance in your world. This book is filled with many options for addressing autoimmune disorders, most of which Ms. Diericx tried with varying success, and with many avenues of information and treatments. It is a welcome addition to my library of autoimmune books. Thank you Milly Diericx for your frankness and honesty.

Great book! Helps you heal and feel strong!

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