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easy, but no one is in a better position to make the right ones than you.

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Living an active life despite lupus Being diagnosed at the age of five with discoid lupus meant a

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childhood filled with doctors telling me what I couldn't or shouldn't do. They were concerned about what I ate, what outdoor activities I should participate in, and how much time in general I spent outside, because they believed all of this inadvertently worsened the scars on my face.

**Living an active life despite lupus | Lupus Foundation of**



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...  
Having Lupus has opened my eyes to the limits of the conventional medical system and forced me to dig deeper into creating a meaningful life as a Lupus Rebel. I've searched for answers in becoming a thriving Lupus patient and rather than arriving at a destination, I continue to realize that healing is a journey.

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Living an active life  
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diagnosed at the age  
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lupus meant a  
childhood filled with  
doctors telling me what  
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Despite these challenges, however, most people with lupus can live happy and fulfilling lives. Being your own advocate, building your social support system, learning about your disease, and finding a physician who can be a team with you in

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explanations, this book

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lupus, but there is a way to live well, despite it.

**Despite lupus : how to live well with a chronic illness ...**

In Despite Lupus, you'll learn how your lifestyle choices have contributed to your illness, why you make the choices you do, and most importantly, how you can make better ones moving forward. A fulfilling life



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