

I was diagnosed in 1976 with SLE, Systemic Lupus Erythematosus, at the age of 23. This was one year after giving birth to my third daughter.

My symptoms began with fatigue, muscle weakness, weight loss, hair loss, and a strange rash on my face and body. I exhibited these progressing symptoms almost a year before I was diagnosed. During 1975, I was treated for acne and neurosis! By the time I was diagnosed, I had multiply organ involvement. I was put on the “usual” treatment of quinine drugs, anti-cancer drugs, steroids, non-steroidal anti-inflammatories, anti-hypertensives, diuretics, etc. I spent most of 1976-1978 in the hospital. I would go home for a few days at –a-time on these medications with included 80-mg. Of prednisone, daily! I was a mess!!

In 1977, my doctors had given up on me. I was told I needed to go home and “get my things in order”. That I had less than a year! I was so tired and almost ready to accept this destiny. I turned to God in prayer. Asking Him for the strength to go on, to at least be able to spend some more time with my young daughters so that I would know that they had skills to survive and would remember me. (Sort of selfish on my part). I also asked for guidance. To put me on the path He wanted me to be on, and that I may accept His Will. My prayers were answered!

I was raised with the conventional AMA philosophy. My family believed that anything other than the AMA was quackery.

I began intense chiropractic care, started on a pseudo micro-biotic diet, no refined foods, fresh fruits and vegetables, and lots of prayer. I wanted to get off as much of the medication as possible. especially the prednisone. My new MD, the Chief of Immunology at Stanford, said that I know my body better than anyone else. He was right and I knew I would not live if I didn't stop taking all the drugs! I started weaning myself off of the medications. It took a long time to totally stop all medications.

I began using Juice Plus+ about 3 years ago. Since then, my energy level has increased, no more joint stiffness, an overall feeling of wellbeing. The most exciting part of this is that according to my routine blood work, I show NO sign of lupus. In fact, my MD has stated that if he didn't have my records to confirm my medical history, he wouldn't believe that I ever had lupus!

I recommend Juice Plus+ for everyone!

God Bless –  
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