

THINK POSITIVELY
 EXERCISE DAILY
 EAT HEALTHY
 WORK HARD
 STAY STRONG
 WORRY LESS
 DANCE MORE
 LOVE OFTEN
 BE HAPPY

FLOURLESS PEANUT BUTTER CHOCOLATE CHIP COOKIES

INGREDIENTS

- 1 large egg
- ½ cup brown sugar
- 1 cup natural peanut butter
- (with no added salt or sugar)
- 1 tsp baking soda
- ¾ cup chocolate chips

DIRECTIONS

Preheat oven to 350F.
 Line baking sheet with parchment paper
 Whisk egg, brown sugar, and baking soda together in a bowl.
 Stir in peanut butter and mix well until well combined.
 Fold in chocolate chips.
 Scoop heaping tablespoons of batter onto a baking sheet – makes 12 cookies. Bake 10 minutes until puffed and just beginning to turn golden around the edge. Do not overbake. Let cool 15-20 minutes before eating.



BINGO NIGHT

Blount House

541 Kylea Laird Drive

Freeport

Friday January 27, 2023

6pm-8pm



A big thank you goes out to our January sponsors



Have a suggestion for February newsletter?

Email the editor at info@nwflupus.org

LUPUS

Lupus is a rare long-term illness affecting the immune system. The cause is often unclear antibodies in the blood stream which attack themselves and other parts of the body.

Low mood (depression/anxiety)
Fatigue (caused by mild anemia)
Red rash over the cheeks and nose (the 'butterfly rash')
Chest and heart/ sharp pains
Sharp pains in the kidneys and lower back area
Joint and muscle pains

TYPES
DISCOID LUPUS Condition of the skin
SYSTEMIC LUPUS (SLE) What is usually meant under the term lupus affects nearly every tissue and organ.
DRUG-INDUCED LUPUS Hyperactivity to certain medications.

Approximately **50,000** people in the UK have Lupus

Lupus affects more **15-50** year olds

90% of Lupus patients are women

More common in people from African Caribbean, Asian, or Chinese origins

PREVENTION
 • Exercise with education about lupus
 • Other fatigue by rest and by pacing daily activities
 • Try to reduce stress, depression, pain or anger
 • Avoid exposure to direct sunlight and fluorescent lights
 • Be open with family and friends on lupus susceptibility
 • Develop new interests and skills if needed and if able
 • Ask for help from family, friends and health professionals

DIAGNOSIS
 Through blood tests
 Often mis-diagnosed as some other medical disease

TREATMENT
 The latest pain medication is used to ease symptoms - some common types are listed below

Paracetamol
 Steroids
 Immunosuppressive drugs

What is Holistic Health?

- Chiropractic
- Herbalism
- Massage
- Physical Therapy
- Yoga/meditation
- Acupuncture
- General western medicine
- Nutrition
- Personal training

When all of these complimentary therapies come together for holistic healing, a person is much more likely to experience wellness.



LIVING WELL WITH LUPUS

Healthy eating can make a big difference in your lupus symptoms and your overall health. It can also help prevent or manage other health conditions you may have. Although there is no special 'lupus diet' you need to follow, just work on building a balanced diet with healthy foods you enjoy. Follow these tips:

- Eat lots of fruits and vegetables
- Choose whole grains
- Get a mix of healthy proteins
- Go for foods with health fats

