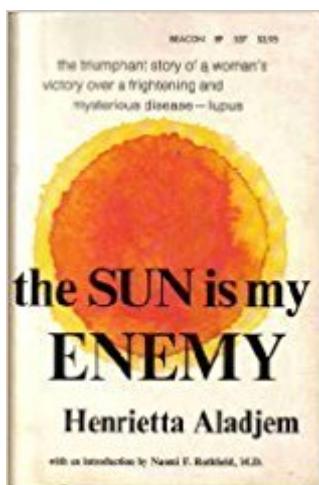


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# The Sun Is My Enemy: One Woman's Victory Over Mysterious And Dreaded Disease - LUPUS



## **Synopsis**

Book by Aladjem, Henrietta

## **Book Information**

Paperback: 167 pages

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## **Customer Reviews**

Book by Aladjem, Henrietta

Excellent

Boring, boring, boring. I do not know why it was recommended to me. Sounds like a small child wrote it and it certainly was of NO interest or help to me.

I was diagnosed with lupus in 1969. The only approved treatment was aspirin. The physicians gave me the diagnosis as though it were a death sentence. They told me that I would not be alive to see my infant reach adulthood. My infant is now a 50 year old man. This book was first published in 1972. I credit the book with helping me to realize early on how important photosensitivity was to the course of this disease. I think that it gave me hope and helped me to understand that my actions played a role in the course of the disease. Of course it doesn't have the latest findings. It has the mystery from the late 1960s early 1970s. It could be helpful to those who want to see how far the research has come since then. The subtitle is "one woman's story." So people who are interested in Henrietta Aladjem might also find it interesting. She was born in Bulgaria and writes English as

though it is a second language and if she is trying to be understood by those with little formal education. She started experiencing the symptoms of the disease. She was instrumental in the founding of the Lupus Foundation of America [...]). She received awards for her work from two US Presidents. More recent research has demonstrated that exposure to UV rays can cause lupus flares and organ damage even in people who do not get skin manifestations. If you have lupus, the Sun is Your Enemy in 2016 just as it was hers in 1953 and 1972. Of course, this is not her only book. But if you are interested in her contributions to the education of physicians as well as patients, this book is a great place to start. If you want up to date research, don't start with a book published in 1972.

i delighted reading this book long long ago, and think i still have it in a box of books after many moves the last twenty years. (I could never throw it out or give it away! -- the information (even if 'boring' to some) is PRICELESS !!! :)(especially if you have lupus or any other so-called 'incurable' )(my wife in 1988 had 'incurable' cancer, and later diagnosed with lupus, cfids, chronic pain sydrome (getting ssi for it).with mostly raw foods / whole foods/ natural approach, she recovered physically most of her health. none of her doctors gave her ANY encouragement that she would even still be alive in six months!!! (that was what? 26 years AGO!)

This book was recommended to me after a friend found out I had lupus... Loved it

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