Top 10 NLO|Lupus Articles of 2014

by NEWLIFEOUTLOOK TEAM

10. The Connection Between Lupus and the Immune System

Lupus has a huge impact on healthy immune function in the body, but you're not defenceless against infection.

9. Dealing With Lupus Flares

Lupus flares seem to wait until you let your guard down, but there are steps you can take to help you through them.

8. Lupus Bruising

"Black and blue seem to be the official colors of lupus, which gives me a visible beating at times. I am bruising all over my body for no apparent reason," writes Barbara.

7. Grocery Shopping for a Great Lupus Diet

When you have lupus, there are some foods you'll want to avoid and some you'll want to include in your grocery cart. Follow these tips for the optimal lupus diet.

6. Avoiding the Flu

Our kids are back to school, where they're exposed to what can seem like a petri dish of germs. How can we take care and avoid catching the flu with lupus?

5. What Causes Seizures in Lupus?

Seizures are one of the scarier symptoms of lupus, and happen because of the way lupus affects the nervous system.

4. Celebrities With Lupus

These six celebrities with lupus, including Selena Gomez and Nick Cannon, refuse to let their diagnoses stop them from achieving their dreams.

3. Making a Lupus Comfort Kit

A lupus comfort kit should be filled with items to provide comfort and ease pain, and hopefully help you feel better prepared to battle a flare.

2. Kidney Complications With Lupus

Approximately one in three patients diagnosed with lupus will develop kidney disease. Consider these tips for preventing kidney complications.

1. Smoothies for Lupus

These five super healthy ingredients are great to add to your smoothies when you have lupus.