



## Top 10 NLO|Lupus Articles of 2014

by NEWLIFEOUTLOOK TEAM

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### **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**

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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.