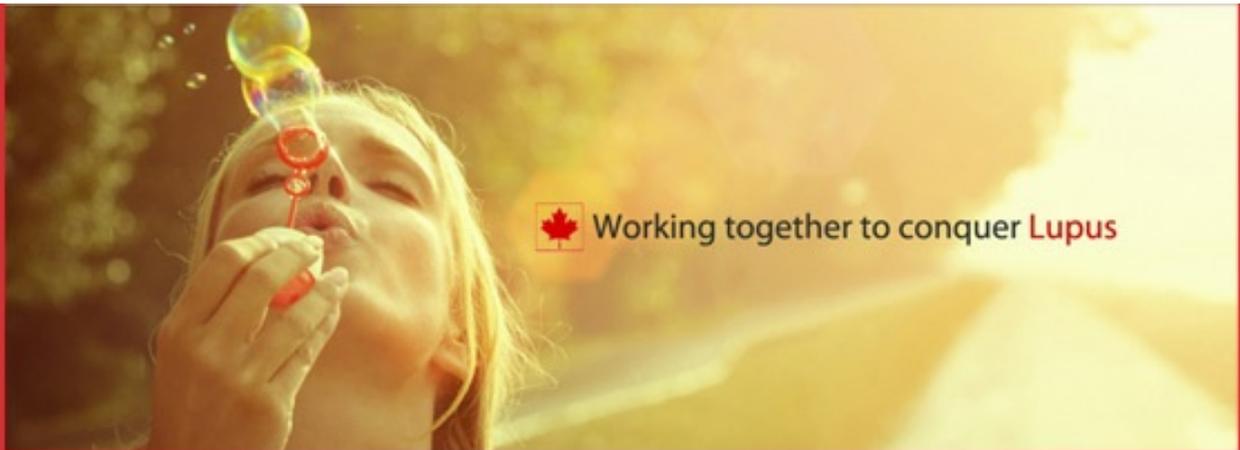


What is your lupus story? We'd love to hear it. Send us your thoughts and experiences to be featured in Lupus Canada's national monthly e-newsletter. Email your stories to leanne.mielczarek@lupuscanada.org



Toll Free: 1-800-661-1468



Greetings,

Hello December!

'Tis the holiday season!

December is a month filled with friends, family, food and festivities, but it is also a time where snow and stress slowly seep in. Lupus may make it difficult to participate in every activity during this busy season. Allow yourself to relax in hustle and bustle of gatherings and gifts.

Did you receive our 2015 holiday literature? If Lupus Canada's Annual Holiday Appeal hasn't showed up in your soon-to-be snow-lined mailbox, let us know in an email today so we can continue to make a difference for Canadians living with Lupus together.

With the holidays around the corner, Lupus Canada would like to thank you for your continued support over the past 12 months. Thank you for your strength, perseverance, and resilience. Together, we can make our dream of life without lupus a reality.

This month, Lupus Canada's informational video, Your Health Care Team, will be released on December 15th. We hope you find it informative!

Fun winter activities for the whole family

The holidays are here, so lace up your boots, pull on your toques, and close up your winter jackets for fun outdoor activities in this time of cheer!



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My lupus story - by Brenda Shelton

My name is Brenda, I am 50 years old. I am married with two awesome boys, and I have LUPUS! My first child had to be delivered early because of my lupus. He was born at 29 weeks and weighed only 2lbs (1400grams). He did fantastic because of the care that I received from the high risk doctor that was taking care of me. This is my story and it continues

[Read More](#)

Healthy holiday recipes

Try these healthy holiday options to avoid the high calorie, high sodium, high fat meals that often accompany the holiday season. Following a balanced diet throughout the year is essential in controlling lupus flares and general well-being.

RECIPES

Pork, white bean and kale soup

Makes: 6 servings, about 1 2/3 cups each

Active Time: 40 minutes

Total Time: 40 minutes

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 pound pork tenderloin, trimmed and cut into 1-inch pieces
- 3/4 teaspoon salt
- 1 medium onion, finely chopped
- 4 cloves garlic, minced
- 2 teaspoons paprika, preferably smoked
- 1/4 teaspoon crushed red pepper, or to taste (optional)
- 1 cup white wine
- 4 plum tomatoes, chopped
- 4 cups reduced-sodium chicken broth
- 1 bunch kale, ribs removed, chopped (about 8 cups lightly packed)
- 115-ounce can white beans, rinsed



PREPARATION

1. Heat oil in a Dutch oven over medium-high heat. Add pork, sprinkle with salt and cook, stirring once or twice, until no longer pink on the outside, about 2 minutes. Transfer to a plate with tongs, leaving juices in the pot.
2. Add onion to the pot and cook, stirring often, until just beginning to brown, 2 to 3 minutes. Add garlic, paprika and crushed red pepper (if using) and cook, stirring constantly, until fragrant, about 30 seconds. Add wine and tomatoes, increase heat to high and stir to scrape up any browned bits. Add broth and bring to a boil.
3. Add kale and stir just until it wilts. Reduce heat to maintain a lively simmer and cook, stirring occasionally, until the kale is just tender, about 4 minutes. Stir in beans, the reserved pork and any accumulated juices; simmer until the beans and pork are heated through, about 2 minutes.

NUTRITION

Per serving: 262 calories; 6 g fat (1 g sat, 3 g mono); 45 mg cholesterol; 26 g carbohydrates; 25 g protein; 7 g fiber; 627 mg sodium; 1024 mg potassium.

Nutrition Bonus: Vitamin A (290% daily value), Vitamin C (190% dv), Potassium (29% dv), Iron (20% dv)

Carbohydrate Servings: 1

Photo and recipe Source:

http://www.eatingwell.com/recipes/pork_white_bean_kale_soup.html

Quick Baked Pears

This warm, cinnamon dessert is a healthy alternative to the ooey-gooey holiday sweets in December. Cinnamon is a source of dietary fibre, of calcium, potassium and iron.

INGREDIENTS

- 2 large Bosc pears
- 2 teaspoons sugar
- 1/4 teaspoon cinnamon
- 1/4 cup dried cranberries or dried mixed fruit (such as Sun-Maid Fruit Bits)
- 1/4 cup low-fat granola
- 1/4 cup apple juice
- 1/2 cup vanilla low-fat frozen yogurt, divided into 4 small scoops (optional)



PREPARATION

1. Peel pears; cut in half lengthwise. Use a melon baller or grapefruit spoon to remove core and seeds, creating a hollow.

2. Place pear halves, with cut sides up, in a glass pie plate. Combine sugar and cinnamon; sprinkle evenly over pears.
3. Combine cranberries and granola; mound into hollows of the pear halves. Pour the apple juice in and around pear halves. Cover dish loosely with wax paper.
4. Cook in microwave on HIGH 6-8 minutes or until the pears are tender when pierced with a knife. Let stand in the dish 5 minutes. Use a large slotted spoon to transfer the pears to serving plates.
5. Drizzle juices from pie plate over pears and serve with frozen yogurt.

Photo and recipe Source:

<http://www.health.com/health/recipe/0,,10000001540258,00.html>

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