

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 June!**

Welcome Summer!

As we start to venture outside to enjoy the warmer weather that summer brings always remember to protect yourself from the sun by wearing protective clothing and applying sunscreen. Be sure to speak with your Doctor when starting any new medications as some medication you may be taking could be a risk factor when exposed to the sun.

If you missed the article featuring DeMar DeRoza as he speaks about his family's journey with lupus you can read it on our website <http://www.lupuscanada.org/q-demar-deroza/>

We always enjoy reading your lupus stories, so please keep sending us your stories at leanne.mielczarek@lupuscanada.org along with a photo of yourself or with your family.

Let's Talk Lupus Video Series

If you are a caregiver for a child with lupus, look for our June video in the series to be released on June 15th about Pediatric Rheumatologists.

Don't forget to follow us on Facebook, Twitter and Instagram!

My Lupus Story by Christine Harrietha

This is for everyone living with lupus - whether you were diagnosed fourteen years ago, today or you find out tomorrow. This is for everyone who feels like it won't get better. This is for everyone who feels like lupus controls his or her life. And this is my story.

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Have you considered acupuncture?

Acupuncture is a component of traditional Chinese medicine that is associated with a trained acupuncturist sticking thin needles into the body at specific pressure points to relieve pain.

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Recipe Corner

Fresh finds at the summer market

If you're looking for dinner inspiration, take a stroll through a local farmer's market and look for fresh produce that catches your eye! It's summertime and apples, cauliflower, cherries, Chinese vegetables, chives, cilantro, lettuce, peas, potatoes, radish, rhubarb, rosemary, sage, salad greens, spinach, strawberries, thyme, and turnips are in season. Try this summer salad and chilled summer soup to put this produce to use!

Beef, Bean and Feta Salad

INGREDIENTS

200g green beans, trimmed, cut into 3cm pieces
olive oil cooking spray
500g beef scotch fillet steaks
2 x 400g cans cannellini beans, drained, rinsed
1 small red onion, thinly sliced
250g grape tomatoes, halved
50g reduced-fat feta cheese, crumbled
1/2 cup fresh flat-leaf parsley leaves
1 tablespoon lemon juice
2 teaspoons olive oil
2 teaspoons red wine vinegar
pinch sugar
lemon wedges, to serve

INSTRUCTIONS

1. Bring a large saucepan of water to the boil over high heat. Add green beans. Boil for 1 to 2 minutes or until just tender. Rinse under cold water. Drain. Remove to a large bowl.
2. Spray a barbecue plate or chargrill with oil. Heat over high heat. Cook beef for 3 minutes each side for medium or until cooked to your liking. Remove to a plate. Cover and set aside for 5 minutes. Thinly slice.
3. Meanwhile, add cannellini beans, onion, tomatoes, feta and parsley to green beans. Whisk

lemon juice, oil, vinegar and sugar in a jug. Pour over salad. Toss gently to combine. Divide salad between plates. Top with beef. Season with pepper. Serve with lemon wedges.

Source:

<http://www.taste.com.au/recipes/18289/beef+bean+and+feta+salad>

Chilled ginger and carrot soup

INGREDIENTS

2 tablespoons olive oil
1 medium onion, chopped
1 2-inch piece fresh ginger, peeled, grated
1 clove garlic, sliced
2 pounds carrots (10 to 12), sliced
6 cups low-sodium vegetable broth
Juice of 1 lime, plus lime wedges for garnish, optional
1 cup plain yogurt (not nonfat)
Salt and freshly ground black pepper

INSTRUCTIONS

1. Warm oil in a pot over medium heat. Add onion; sauté until softened, 6 to 8 minutes. Add ginger and garlic; sauté until fragrant, about 1 minute.
2. Raise heat to medium-high; stir in carrots. Pour broth into pot, cover and bring to a simmer. Remove cover, reduce heat to medium to maintain a simmer and cook until carrots are very tender, about 25 minutes. Remove soup from heat and let cool slightly.
3. Working in batches, purée soup in a blender until smooth. Transfer to a large bowl, cover and refrigerate until chilled, at least 2 hours.
4. Just before serving, stir in lime juice and yogurt. Season with salt and pepper. Serve chilled, garnished with lime wedges, if desired.

Source:

<http://www.taste.com.au/recipes/18289/beef+bean+and+feta+salad>

Before it gets too hot...

June offers warm temperatures without the nuisance of humidity and bugs. Before the summer gets too sticky and hot, enjoy these outdoors activities to keep active and stay healthy! Always remember to take care of your sensitive skin.

Read More

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Watch our Latest Video Let's Talk Let's Talk Lupus
Symptoms Affecting Children**

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Working together to conquer lupus

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