

## LET'S TALK LUPUS

November Monthly E-Newsletter

LUPUS  
CANADA  
Life Without Lupus



## Let's Welcome November

Lupus Canada hopes everyone had a peaceful and lovely Thanksgiving holiday! It is time to put away the Thanksgiving decor, and now unwind and focus on yourself.

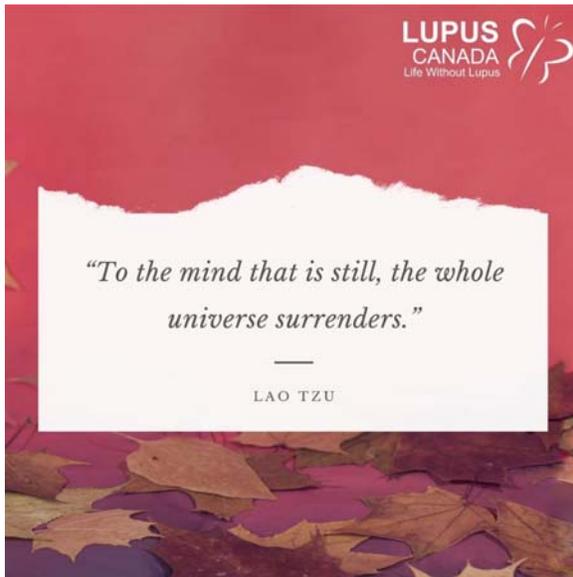
With **Remembrance Day being on November 11th**, Lupus Canada would like to thank all the veterans who have fought and continue to fight so bravely for Canada. Show your support by wearing a poppy, donating to your local Legion, or taking two minutes to reflect on the courageous soldiers who sacrifice their lives to protect Canada's freedom.

Further, **Daylight Savings was on November 1st** so if you have not already, turn your clocks back one hour! Sometimes a slight change in routine can impact your overall health. So, whether it is putting



a little bit of extra effort in your self-care routine or having an extra cup of coffee, make sure you set time aside to take care of yourself this week.

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Patients and medical professionals often agree that there is a **strong connection between the body and the mind**, and expanding the awareness of the body and mind connection may enhance one's own healing and coping strategies. **Relaxation and guided imagery work within the mind/body connection to help heal the body.** Studies have shown that the use of such imagery can help to improve pain, mood, and sleep in chronically ill patients. Image work enables patients to experience personal integration and bring about insights and changes which allow for healing to naturally flow through the patient.

## WHAT IS IMAGERY? WHAT IS VISUALIZATION?

Imagery is the act of using one's own mind and imagination to create images that will have the intentional and intended effect on your own body and life. Although everybody has the ability to use imagery to heal, it first became popular and researched in the cancer population. Researchers discovered that patients who created their own healing imagery did much better overall in terms of survival and coping with their illness and were more able to deal with treatments and life in general. Imagery can be thought of as an activity for your own well-being. For example, focusing on the disease or illness in and of itself has its own imagery which is usually thought of as being negative. If a negative image exists, it should be counteracted with a positive image. It is, therefore, important to work with the image to change it so that it becomes a helping and healing tool. This supports the notion that thoughts dictate a physical response, which again can be positive or negative. Thoughts, feelings, sensations, and beliefs are easily accessed through image work and allow for our inner images to develop. Image work allows for access to symbolic and metaphorical information which has proven to be a vehicle for change. It also imposes nothing and takes its lead entirely from the own person's experiences.

Visualization, on the other hand, is one-sided in that it focuses on only one picture. While visualization is essentially having a scene or picture in your mind and focusing on it, imagery is deeper than this; it begins with focusing on a scene or picture but includes all the senses (i.e. smell, taste, touch) to really experience the image.

Our body does make a physiological change based solely on our imagination. Rather, using all five senses to experience the image allows one insight into their own body and their methods of experiencing things, such as pain or fatigue. The use of the senses in imagery further allows a person to respond differently to experiences of pain and fatigue. In essence, imagery is tapping into the imagination and using all our senses to reach a particular goal, such as relaxation or a reduction of stress.

### ***Different types of imagery***

In order to relax and prepare to use imagery, it is important to focus on one's breath. (Deep breathing is an important foundation for all relaxation, meditation, and imagery work). There are several types of imagery, including the body scan and guided imagery. In essence, the body scan is a visualization of the body that focuses in on any tension in the body and releases the tension that is felt. Most people at any point can tell where they are feeling tension in their body. The body scan is used to get in touch with the physical body by using a mental process to identify areas that may have tension or pain and learning how to work with the tension or pain to get rid of it. Guided imagery is when someone guides your thoughts and formation of images. It is important during guided imagery to be aware of your body and breathing.

During this SLE Workshop, Gina Kearney, Nurse Practitioner at the Integrative Care Center, guided us through four short relaxation exercises that allowed us to better understand the saying "a healthy mind equals a healthy body." In essence, we need to alter our minds to alter how our bodies respond to stress and learn that we need a way to deal with stress so that it does not affect our body and will allow us to reduce symptoms of anxiety and tension. The first imagery exercise had a direct physiological effect on our body by allowing us to feel tightness in our jaws and salivate after we were guided through an exercise of imagining the taste of a fresh cut lemon and drinking its juice from a glass. The key here was to show how such a simple imagery exercise can produce a noticeable reaction in the body.

The second exercise was a body scan which taught us how to get in touch with our physical body; again, we began with some breath work of closing our eyes and taking deep breaths while being aware of the path our breath takes through our body and how it expands and empties our lungs. Ms. Kearney slowly made us aware - by guiding our breathing - of every part of our body, from our feet to our abdomen to our fingertips, and at each point we could release the tension through our breath.

The next imagery exercise led by Ms. Kearney was titled "Fall Colors," and it combined the use of the breath with images of changing colors of leaves in the fall. During this guided imagery, we imagined and focused on a tree with vibrant fall colors that washed over our bodies and made us feel warm and relaxed. The colors of the tree began to change with the seasons while our tension changed and transitioned colors as well.

The last exercise really focused on wellness and what that means to us, feels like to us, smells like to us, and so on. This exercise brought us to our special place of deep concentration, peacefulness and security. It was a place where we felt deeply relaxed and connected to the natural healing qualities of our special place, and which supported and nourished our vitality and movement towards greater wellness. We imagined an image of us enjoying wellness and concentrated on what we thought wellness looked like and the qualities we perceive wellness has.

### ***Curing vs. Healing***

Many people often use the words healing and curing interchangeably; however, they can be distinctively different. A cure implies something that comes from an external process and relates to cause and effect. In addition, a cure suggests the cessation of symptoms and a return to normality. In contrast, healing is a deeper process and is internal; it comes from within a person. Healing refers to a change in the emotional, psychological, or spiritual level inside the healed person. Healing may not result in the remission of a disease but does have the ability to facilitate a process of transformation in the person. However, the most significant difference between healing and curing may be that the ability to heal is always there while the

ability to cure may not be. Imagery focuses on what it means to heal and less on what it means to cure, while recognizing that anything is always possible with positive and focused intention.

Source: [https://www.hss.edu/conditions\\_relaxation-imagery-lupus.asp](https://www.hss.edu/conditions_relaxation-imagery-lupus.asp)



Lupus Canada is excited to announce that the winner of the Quilt draw is Kay Peters! Thank you to everyone who participated in the draw and a big thank you to the members of the East Toronto Modern Quilt Guild for creating this beautiful purple butterfly quilt.

Lupus Canada is thrilled with the response we have had for the launch of our new lupus face masks! We want to thank everyone who has bought a mask and shown their support. If you haven't already please make sure to buy one for \$7 each before they are sold out!

If you have already received your mask take a picture and tag @LupusCanada on Facebook, Instagram, or Twitter! Don't have a social media account? That is okay! If you wish to participate in this challenge please feel free to email us and we will feature you on our social media accounts! For more information please visit our website or press the link below.



Source: <https://lupuscanada.org/merchandise/lupus-mask/>

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## #GIVINGTUESDAY

Once again, Lupus Canada will be celebrating the 8th annual Giving Tuesday on December 1st! Giving Tuesday is a global movement for giving and volunteering, taking place each year after American Black Friday. The "Opening day of the giving season," it's a time when charities, companies and individuals join together and rally for favourite causes. In the same way that retailers take part in American Black Friday, the giving community comes together for GivingTuesday.

Giving Tuesday emphasizes the importance of advocating and bringing awareness to causes around the world. One of Lupus Canada's goals is to bring national and international awareness to lupus. The donations we receive allow us to advocate for lupus patients, create resources, and financially support more research.

Giving Tuesday provides us with the opportunity to unite with other organizations, charities and people in empowering each other to make a positive change. Contributions such as yours allows Lupus Canada to work towards their mission of creating, "A Life Without Lupus".

Source: <https://givingtuesday.ca/about>

FLU VACCINE SAFETY: WHAT YOU NEED TO KNOW



The Ontario Ministry of Health has released information regarding the flu shot and how to stay safe this year. They state, "Anyone can catch the flu. Protect yourself – and others – by learning about the virus and recognizing the symptoms".

By pressing the link below you will be directed to the Ontario Ministry of Health website and receive information on the following topics:

- *The flu shot is your best defence*
- *Where to get the flu vaccine*
- *Other tips to avoid getting – and spreading – the flu*
- *Who is most at risk*
- *Symptoms*
- *Flu vs. common cold*
- *If you get the flu*

Some of the symptoms of COVID-19 are similar to the flu, and it may be hard to tell the difference between them based on symptoms alone. You may need a COVID-19 test to help confirm a COVID-19 diagnosis. Find a COVID-19 testing location and learn what to expect during your test. Except for going to get a test, you should stay home and self-isolate for 14 days or until you get your results.

Source: <https://www.ontario.ca/page/flu-facts>

## TAKING A NAP THAT'S ACTUALLY RESTFUL



On a recent summer Friday before I'd installed my air conditioner, I sat on my bed (sitting was the easiest way to keep cool) and decided to take a nap. More specifically, I accidentally slipped into a delicious 45-minute nap. When I woke up, it occurred to me that I hadn't taken a midday snooze (other than on a snow day or a sick day) in several years. There was a pleasure in being relaxed enough to just drift into sleep, and there was also a distinct lack of guilt. Though it crossed my mind that I might not be able to sleep that night, the nap was so pleasurable (and life has been so stressful) that I didn't waste much time admonishing myself.

While other countries, like Italy and Spain, may consider naps a facet of their culture, American nap time seems to expire after primary school and resurge again around retirement. But naps can be pretty useful at almost every point in our lives. When was the last time you felt free to take a nap? Maybe you nap pretty regularly but have never thought about why you limit napping strictly to rainy days. Or maybe you're one of those folks who stopped napping years ago, preferring to think of naps as something for children. Whatever your napping style (or lack thereof), if you don't take frequent naps and find the idea intriguing, I'm here to convince you to go for it.

### *Here's why taking a nap can be so beneficial.*

The average adult between the ages of 18 and 65 needs about seven to nine hours of sleep each night, SELF previously reported. But, according to the Centres for Disease Control and Prevention (CDC), about 70 million Americans deal with sleep problems. The reasons for this are multifaceted. Many of us have insomnia, sleep apnea, or just environmental habits and circumstances that keep us awake at night. Whatever the cause, struggling to get enough sleep at night can have a huge impact on how you function during the day, as you may very well know.

Naps aren't a replacement for nocturnal sleep, but there's strong evidence that taking naps can improve your performance and alertness. A 2017 literature review published in *Sleep Medicine* explained that the longer you're awake, the more your memory and other cognitive abilities decrease, and that a midday nap can help you "recover" by taking away some of that accumulated sleepiness. Sure, seems pretty obvious, but it's always nice to have solid science on your side.

For this reason—and also because naps can feel luxurious and pleasurable—my position is that folks should embrace naps more widely. There is a caveat: Truly useful napping is an art form. Taking a nap can minimize the impact of daytime sleepiness on your mood, concentration, emotional processing, and cognition, but too much sleep can leave you wide awake at night and exacerbate any underlying sleep issues you might have. This is why, when people experience difficulty sleeping, one of the main recommendations is to assess daytime napping, the Mayo Clinic explains. Still, I have faith that naps can help so many people live their best lives. Below you'll find tips to help you become unapologetic about taking a nap and a few parameters to consider so that you're getting as many nap benefits as possible.

## *Here's how to take a nap that's as productive as you are.*

**Keep your naps short:** Before you nap, the CDC recommends setting an alarm for 15 to 30 minutes. Why? The longer you sleep, the more likely you are to be groggy when you wake up, the Mayo Clinic says. Aim to keep naps on the shorter side so that you wake up feeling recharged and ready for the next part of your day. That said, if you have circumstances that make longer naps a necessity—if you're an essential worker who puts in long hours or someone who regularly does overnight shifts—the CDC says that 1.5-hour naps are also an effective way to help maintain alertness.

**Schedule your naps earlier in the day:** One of the reasons naps have such a bad reputation is because they're known for being nighty sleep busters. But if you're able to schedule naps in the late morning or early afternoon (before 3 p.m., the Mayo Clinic suggests), you can reduce the chances of being wide-awake when it's time to sleep at night. You can, of course, tweak this depending on your circumstances (if, for instance, you work overnight shifts).

**Nap lying down:** Have you ever been so tired you've slept sitting up? While you can get your naps in where they fit in, it's best to actually lie down so that you're not sleeping in an awkward position. The CDC also explains that when you lie down, it allows your brain to move into deeper sleep a bit more seamlessly. The takeaway here is to get horizontal and embrace napping so that you get the most of it.

**Block out light and sound:** There's significant research that sound and light disrupt sleep. If you've only got 30 minutes to burn (no pressure), you want to set yourself up for glory. Consider grabbing an eye mask to block out any light and a white noise machine or earplugs if you can't find a quiet spot.

**Do something to energize you when you wake up:** If you take a shorter nap, you should wake up fairly alert, but if you oversleep or take a longer nap, you might need a few minutes to reenter the waking world. Much like you wouldn't operate heavy machinery immediately after waking up, the CDC recommends that you schedule a few extra minutes to shake off disorientation before easing back into your routine.

**Consider having some caffeine before your nap:** If you really think you'll have trouble waking up, consider drinking a bit of soda or coffee before you nap, the CDC says. The organization suggests limiting it to up to 100 milligrams of caffeine, which is about one cup of coffee. This might sound counterintuitive, but the CDC says that caffeine takes about 30 minutes to perk you up, so it should coincide well with your wakeup time. This might be especially useful for essential workers who are incorporating rests and naps into their shifts.

**Enjoy your nap:** The CDC doesn't recommend this explicitly, but we do. Giving yourself permission for self-care can be a challenge. It's easy to believe that you don't deserve rest or relaxation, or that you don't have enough time to hit pause for 30 minutes. If you're able to carve out time for yourself, enter into each nap you take with a spirit of enjoyment. You deserve rest—even if it's happening in the middle of the day. It's good for you. Though it can be difficult to find the time, it will serve to make you more productive and, hopefully, feel a little more restored when you get back to your day.

Source: <https://www.self.com/story/how-to-take-a-nap>

THE WEATHER AND LUPUS SYMPTOMS

Source: <https://lupuscorner.com/the-weather-and-lupus-symptoms/>

The old myth of achy joints predicting the weather? More true than we know. Changes in the atmosphere can trigger symptoms and flares for people with rheumatic diseases, including lupus. Both studies and patients report that the weather and atmospheric conditions can have an impact on lupus and lupus symptoms. Commonly measured phenomenon include:

- *Barometric pressure (also, known as atmospheric pressure)*
- *Temperature*
- *Humidity*
- *Cloudiness (typically considered relevant as a proxy for ultraviolet light exposure)*

Changes in these conditions can lead to common lupus symptoms like joint pain and swelling. They are also known to trigger migraines which are a common symptom of systemic lupus erythematosus. Women were found to be more sensitive to these changes than men. The weather can even have an impact on your daily spoon count. Energy expenditure in everyday activity and fatigue can also be impacted by changes in the weather. These changes may even lead to full-blown lupus flares.

Many Lupus Warriors have to avoid triggers for their flares throughout their daily lives. Lupus Warriors share their experiences and strategies overcoming the challenges the weather can bring in the LupusCorner Q&A Forum. People react to the weather differently, and it is unclear what causes the differences. It is clear, though, that the temperature, atmospheric pressure, and possibly even ambient sunlight levels can contribute to symptom flares.

### **Atmospheric Pressure & Pain**

Barometric pressure, also known as atmospheric pressure, is a measure of the pressure of the air above a region at any given time. Atmospheric pressure actually varies somewhat across the planet, too.

Heat from the sun changes the pressure by heating the air and causing it to rise and move; cold air sinks and is 'heavier.' Because our planet rotates, areas of heated, light air and cold, heavy air spin and create what we call weather patterns. High pressure systems retain water, and end up with less moisture. On the other hand, low pressure systems are more likely to experience rain.

Storms happen when a high-pressure system meets a low-pressure system and releases the water that it is holding. This change of pressure is rapid. It's possible for humans to feel the effects of this shift. Many otherwise healthy people get headaches, body aches, fatigue and "blue moods" from changes in pressure associated with storm fronts. It's a part of why rainy days can be so miserable.

For people with joint pain, though, atmospheric pressure can feel more intense. Painful joints swell and become more painful, the brain feels the pressure and works less effectively (leading to brain fog). The pressure, along with humidity, can make physical activity and exercise feel extra difficult. It can even increase inflammation from the stress of it.

### **The Seasons & Lupus Symptoms**

A 2020 study in the research journal, *Advances in Meteorology* explored the link between seasons and health symptoms. 394 people participated in the study by completing an interview with questions about their experiences. The researchers found strong correlations between pain intensity and weather when the temperature, relative humidity, and cloudiness were all consistently high. The results also suggested that winter storms lead to a lower amount of pain, while summer storms are associated with a decrease in pain severity.

Winter is known to be particularly difficult for people with lupus. Cold weather may stress the body out, because less heat is retained and the body needs to use more energy to maintain homeostasis. You can read more about the cold and lupus, [here](#).

That said, the heat brings its own challenges. Heat and increased pain can keep people with lupus up at night, preventing them from getting enough sleep. You can read more about sleep problems and lupus, [here](#). A lack of sleep can interfere with overall physical and mental health, and increase stress, making pain symptoms worse.

### **A Lupus Warrior's Takeaway**

People with lupus are effected by the weather, but it's something that can be challenging to battle against. So, what can you do about weather and lupus interactions?

Staying inside protects you from sun, rain, wind, humidity, and temperature-related effects. Even inside, atmospheric pressure can remain a challenge. Planning trips to minimize ultraviolet light exposure or using devices to measure your exposure can help.

Some researchers think that it might be a good idea to modify treatments (both medicine and otherwise) for arthritis and other lupus symptoms based on the weather. How, exactly, is unclear and may vary from person-by-person decision. Talk to your lupus treatment team about potential strategies and always work with your clinicians before changing your treatment plan.

### **What are the options?**

Moving to less stormy or warmer climates is an option, but often met with mixed results. Although it can reduce fluctuations in pain. It does not treat the underlying issues and the pain and symptoms will continue. Documentation is still your friend. Keep track of any activities that help you during these times, or weather conditions that cause flares.

Staying indoors and using an air purifier or a fan to move the air can also help. Pain medications, including NSAIDs, can help a with emergent pain. Upping your resting time and water intake can also help. Self-care, including mindfulness techniques, can help you check in with your body to make sure you are giving yourself the support you need.

Let's face it: weather changes aren't going away. But, your preparedness can help make physiological changes less severe.



# LUPUS CANADA

*A Life Without Lupus*



## CHARACTERIZING HOW SLE PATIENTS ACCESS HEALTH INFORMATION PRE AND DURING COVID-19 STUDY.

Dr. Ann Clarke from the Division of Rheumatology at the University of Calgary and Dr. Susan Elliott from the Department of Geography and Environmental Management at the University of Waterloo are conducting a research study on how individuals with Systemic Lupus Erythematosus access their SLE-related health information. Lupus Canada is assisting with the distribution of this survey.

Dr. Ann Clarke and Dr. Susan Elliott are currently seeking volunteers with SLE to complete their online survey. Participation in this study involves completing a 15-minute online survey related to how you access health-related information generally, and during the COVID-19 outbreak. This research will increase understanding of how SLE patients navigate health information, and the types and sources of information needed to better serve this community in the future. To complete the survey please copy this link  
<https://ca.surveygizmo.com/s3/50086529/Lupus-Canada-SLE-COVID-19-Health-Info-EBlast>.



*This study has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Committee (ORE #42115) and the University of Calgary Conjoint Health Research Ethics Board (REB20-0522).*

To complete the survey please click this link <https://ca.surveygizmo.com/s3/50086529/Lupus-Canada-SLE-COVID-19-Health-Info-EBlast>

## CALL FOR NOMINATIONS NOW OPEN!

### **EVELYN V. HESS, MD, MACP, MACR AWARD**

*One award for \$5,000*

### **MARY BETTY STEVENS, MD, FACP, FACR YOUNG INVESTIGATOR PRIZE**

*One prize for \$5,000*

### **EVELYN V. HESS, MD, MACP, MACR AWARD**

*The Evelyn V. Hess, MD, MACP, MACR Award, which is in its 15th year, is given to a clinical or basic researcher whose body of work has significantly advanced the understanding of the pathophysiology, etiology, epidemiology, diagnosis, or treatment of lupus. This award was created to honor Dr. Hess' outstanding contributions to lupus research over the course of her long career.*

### **MARY BETTY STEVENS, MD, FACP, FACR YOUNG INVESTIGATOR PRIZE**

*Celebrating its 11th year, the Mary Betty Stevens, MD, FACP, FACR Young Investigator Prize is given in recognition of the exceptional achievements of an investigator in the early part of his or her career in lupus research. This award was created to memorialize Dr. Stevens who made exceptional contributions to lupus research starting from early on in her career.*

**DEADLINE FOR NOMINATIONS: NOVEMBER 30, 2020**

*[Click here](#) for more information on nomination guidelines and deadlines. QUESTIONS? Please email Ashley Marion at [marion@lupus.org](mailto:marion@lupus.org).*

## **The resemblance of immune activation between Covid-19 and Systemic Lupus Erythematosus.**

Researchers at Emory University have observed a similarity between the disease progression in some Covid-19 patients and Systemic Lupus Erythematosus (SLE). Like SLE observations, some Covid-19 patients experience exuberant activation of immune cells, resembling acute flares. This phenomenon arises from B-cell overactivation, which primarily helps in producing antibodies against the virus. B-cells are activated in the lymph nodes' germinal centers, and checks and balances control their activation. However, similar to SLE, in Covid-19, these checks and balances of B-cells are disrupted by activation of the B-cells along an "extrafollicular" pathway. These observations may help patients' triage better to understand unchecked immune activation and better treatment strategies.

Source: [https://news.emory.edu/stories/2020/10/severe\\_covid\\_resembles\\_lupus/index.html](https://news.emory.edu/stories/2020/10/severe_covid_resembles_lupus/index.html)

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## **Reduced organ damage progression in patients treated with Benlysta versus standard therapy alone.**

US and non-US cohorts treated with Benlysta (from pooled BLISS LTE trials) showed reduced organ damage progression compared to the standard therapy treated Toronto cohort. Long term organ damage is multifactorial, with corticosteroids playing the key role in standard therapy. However, in long-term management of SLE the downsides outweigh the benefits of corticosteroids. In the current study, patients received Benlysta, either 1mg/kg intravenously or 10 mg/kg intravenously every four weeks. The outcomes of all individuals were scored against sixteen clinical variables. In the outcome data for the pooled population, the Benlysta plus standard therapy showed the annual probability of organ damage progression in SLE at 3.1% versus standard therapy at 7.5%.

Source: <https://lupus.bmj.com/content/7/1/e000412>

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## **New MRI imaging technique to diagnosis the neurological disorders in SLE patients.**

The medical neuroscience department at Dalhousie University in Halifax has recently published a new MRI method that can be used to study the leaky vessels in SLE patients. The MRI method would allow for a better understanding of the blood-brain barrier integrity, brain volume, and cognitive dysfunction in adult patients with SLE. A total of 65 SLE and nine healthy volunteers underwent a contrast-enhanced MRI scan to assess the BBB's permeability. Using the advanced MRI imaging method, the researcher can further study the various elements that penetrate the BBB and lead to cognitive decline in SLE and ultimately develop therapies targeting these leaky blood vessels.

Source: <https://ard.bmj.com/content/early/2020/10/06/annrheumdis-2020-218004.full?ijkey=MBNqC9JQ0iq837W&keytype=ref>

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## Rosemary Citrus One Pan Baked Salmon

PREPARATION: 5MIN

COOKING: 15MIN

SERVES:3

### INGREDIENTS

- 1/3 cup of olive oil
- Pinch of ground pepper
- 2 tablespoons fresh orange juice
- 2 tablespoons fresh rosemary, plus 1-2 extra sprigs to garnish
- 1 tablespoon lemon juice
- 1/2 teaspoon garlic minced
- 1/4 teaspoon of grated dried orange peel (divided)
- Kosher salt or fine sea salt to taste
- 1 bunch thin asparagus (trimmed)
- Olive oil or melted butter drizzle
- 10-12 ounces sockeye salmon (whole fillet or around 3 fillets)
- Thinly sliced orange (5-6)
- Optional 1/4 teaspoon lemon pepper
- Additional salt and pepper to taste - after baking

### DIRECTIONS

- 1** Preheat oven to 400F. Whisk together orange juice, lemon, 2 tbsp rosemary, 1/4 to 1/3 cup olive oil, pinch of salt, pepper, 1/4 tsp orange peel and garlic. Set aside.
- 2** Next Layer your dish. First add your trimmed asparagus (or other vegetable of choice) and drizzle with olive oil or butter. Add a pinch (1/4 tsp or so) of lemon pepper seasoning. Place your salmon (skin side down) on between the asparagus spears.
- 3** Drizzle the orange rosemary marinade on top of the salmon. Add thin orange slices on top of the salmon and on top of the asparagus. Place 2 to 2 fresh sprigs of rosemary evenly on top of the salmon and around the pan.
- 4** Sprinkle a bit more orange peel, pepper, and kosher salt on top of the salmon veggie bake. Bake at 400F for 12-15 minutes or until salmon is not longer opaque in the middle.

The recipes used by Lupus Canada have been reviewed and approved by Heather Penney, Registered Dietitian.

Source: <https://www.cottercrunch.com/rosemary-citrus-one-pan-baked-salmon/>

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