Cold-water fish
Cold-water fish offer a rich source of omega-3 and essential fatty acids in the form of DHA and EPA. This type of fat contains powerful anti-inflammatory properties that have been shown to be beneficial in helping those with inflamed joints.

Fruits and vegetables
Fruits and vegetables are loaded with plant nutrients called phytochemicals that prevent, and can even reverse, the inflammatory process. When planning meals, try to include 5 to 10 servings of produce per day. Also, the more colourful the fruit or vegetable, the more nutrition and disease-fighting value it contains.

Nuts and seeds
Almonds, walnuts and sesame seeds also contain anti-inflammatory omega-3 essential fats.

Fish oils
Taking a high-quality, distilled fish oil has a powerful anti-inflammatory effects. The omega-3 recommended dosage for adults is 2 grams per day.

Fresh, clean water
Flush your system out daily with 6-8 glasses of water to promote proper elimination and optimal health.

Source: http://www.canadianliving.com/health/subsection/nutrition

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For the Parent, Friend and Caregiver

If you are a parent, friend or a caregiver for someone with lupus, it can be difficult to watch them go through all of these changes. Not only does it affect their lives but it also affects yours. Because lupus is the disease with 1000 faces, it can be extremely frustrating not knowing what you are dealing with. To make sure that you remain healthy yourself, take a night off, eat a balanced diet and stay active! All of these are important for everyone, not just a lupus patient.

Our Mission
Lupus Canada is a national voluntary organization dedicated to improving the lives of people affected by lupus through research, public awareness, advocacy and education.

Our Vision
Life without lupus

Lupus & Me
What to Know...

Working together to conquer lupus
Charitable Registration # 11902 5872 RR0001
We can deal better with the challenge of living with a chronic condition by learning all we can and by being aware of how our body reacts. Often, a person’s flares follow a clear pattern, with the same combination of symptoms every time.

An informed patient can watch for warning signs and alert the doctor early on. While false alarms happen, catching a flare in its early stages can make treatment easier and more effective. With this as a basis, a good working relationship with the doctor is crucial for the success of treatment.

Can my Lupus be Controlled?

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