



Befriending the Wolf: The Guide to Living and Thriving with Lupus

Milly Diericx

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Befriending the Wolf: The Guide to Living and Thriving with Lupus Milly Diericx

Milly Diericx nearly died in a full-blown Lupus attack. But she not only survived – she learned to thrive. In these pages, she reveals the keys to her survival, how she reframed what was happening to her, and the practical ways to alleviate common physical symptoms and emotions related to this disease.

Befriending The Wolf: A Guide to Living and Thriving with Lupus is a comprehensive guide to alternative methods of healing for this pervasive ailment. You will experience self-esteem, emotional wellbeing and proven, practical tips from the inside-out. Milly Diericx has dedicated her life to trying alternative healing modalities, speaking clearly and honestly about them and their efficacy.

Milly reveals how the answer to the unique questions posed by having an autoimmune disease can be found in a three-tiered system, approaching our physical, mental-emotional and spiritual dimensions in order to bring greater healing to our whole beings.

Befriending The Wolf: A Guide to Living and Thriving with Lupus brings together home remedies, tips, alternative techniques and healing methods designed to make autoimmune disease sufferers more comfortable, their symptoms easier to manage and alleviate, and their general outlook more positive and proactive by befriending the condition and learning to work with it, instead of against it.

If you or anyone you know is suffering from Lupus or any other autoimmune disease and you're interested in getting back in the driver's seat, this is the guide for you.

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