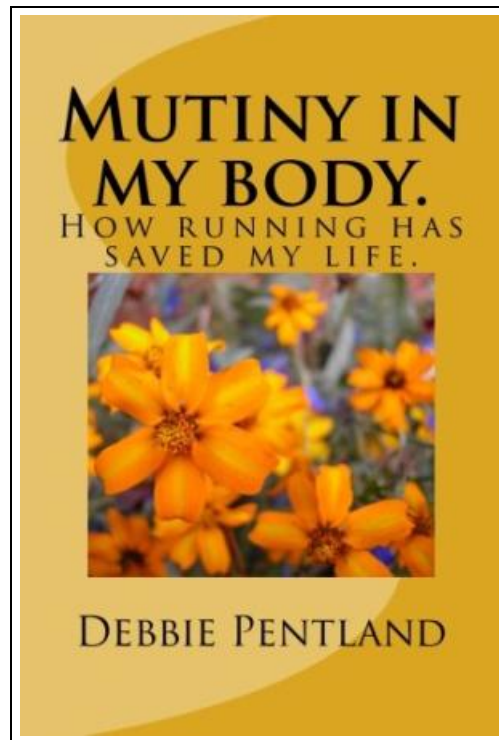


Mutiny in My Body.: How Running Has Saved My Life.



Filesize: 8.59 MB

Reviews

*This is an amazing book that I actually have actually read through. I am quite late in start reading this one, but better then never. You will not truly feel monotony at anytime of the time (that's what catalogs are for concerning should you ask me).
(Scottie Schroeder DDS)*

MUTINY IN MY BODY.: HOW RUNNING HAS SAVED MY LIFE.



Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is the inspirational story of one womans battle to combat not one but three auto immune diseases through diet and lifestyle and a positive mental approach. Debbie was diagnosed with Systemic Lupus Erythematosus and Raynauds Disease when she was 32 years old. She was told by the specialists that she would be on a cocktail of drugs for the rest of her life and that she would Have to modify her lifestyle This was a red rag to a bull. Debbie did her own research into healthy nutrition, alternative therapies and even went as far as training to become an exercise teacher in the hope that she could at least decrease the cocktail of drugs she was taking. To the doctors amazement and I might add her own, she became so fit and well that she was able to come off ALL MEDICATION. Debbie managed for 14 years to lead an active life teaching exercise to various groups. She taught the blind and partially sighted, amputees, special classes for the older generation in preventing falls. Debbie also teaches Tai Chi and Qigong to the over 50s and is regularly asked to go along to patient groups to talk or do demonstration on the benefits of exercise. In October 2011 Debbie collapsed during the Beachy Head marathon a tough cross country event and was unable to finish it. Rushed into hospital with a suspected Lupus flare up Debbie was devastated to be told she had YET ANOTHER auto immune disease. Lambert Eaton Myasthenis syndrome of (LEMS). She spent 6 weeks in neuro hospital being fed and watered through a tube. She lost over a stone in weight (all...



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