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**Connective Tissue Diseases: Holistic  
Therapy Options--Sjogrens  
Syndrome; Systemic Sclerosis -  
Scleroderma; Systemic Lupus  
Erythematosus; Discoid Lupus  
Erythematosus; Secondary And  
Primary Raynauds Phenomenon;  
Raynauds Disease; Polymyositis  
Dermatomyositis**

Connective  
Tissue Diseases

Holistic Therapy Options:

Sjogren's Syndrome; Systemic  
Sclerosis - Scleroderma; Systemic  
Lupus Erythematosus; Discoid Lupus  
Erythematosus; Secondary and Primary  
Raynaud's phenomenon; Raynaud's  
Disease; Polymyositis - Dermatomyositis;  
Mixed Connective Tissue Disease

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HANNELORE HELBING-  
SHEAFE, Ph.D.



## Synopsis

Hannelore Helbing-Sheafe's constant struggle with her health was a powerful motivator to investigate possible ways to help herself and others. The focus of her practice was always on finding the cause of the problem and instructing patients in using correct nutrients and/or natural medicine and therapy to correct and reverse existing health problems. Her main focus has been to seek balance in all body systems. *Connective Tissue Diseases - Holistic Therapy Options* provides valuable information about holistic therapy options for patients afflicted with connective tissue (collagen) problems. Detailed information is given regarding current medical diagnostic procedures and treatment, followed by holistic therapy options. The book also provides details about the multiple, complexing symptoms experienced during this illness. *Connective Tissue Diseases - Holistic Therapy Options* is an education on 'Nature's Pharmacy'. It promises no miracle cures; instead, it lists natural substances that soothe pain, improve circulation, repair and restore connective tissue to normal function, reverse illness to a more manageable level and give the chronically ill patient quality of life and hope.

## Book Information

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## Customer Reviews

Hannelore Helbing-Sheafe was born and raised in Germany. She was raised totally holistic with organic homegrown produce, eggs, milk and natural medicine for all health problems, using medical services only for emergencies. When Hannelore moved to the United States to continue with her education and professional studies, she continued the same lifestyle including: growing an organic garden and fruit orchard, egg production and eating only home cooked meals. Hannelore has a degree in nutrition and wrote her thesis on an alternative medicine approach to skin diseases and

hair and nail abnormalities. She has written the books *Reflexology, The Ultimate Health Connection, The Bare Facts* and *Lyme Disease: Holistic Therapy Options*. She has also written many educational papers on subjects including: the healing properties of CoenzymeQ10, nutrients and the brain and Holistic therapy options for schizophrenia, autism, brain allergies, hyperactivity, dyslexia, depression, behavior problems, dysperception, manic behavior, paranoia, aggression, violent behavior, suicidal tendency, heart ailments, hair loss, skin problems and gout. Hannelore has three daughters: Susanne, Karen and Christa who are all holistically oriented.

This book is very thorough. If you're looking for natural or alternative therapies for auto-immune disease, I highly recommend this book.

This book is great once you realize how the information is organized. I did gain a lot from the details and find myself referencing it regularly. I learned quite a bit of new ways to deal with all the health problems I currently have!

The book was excellent it covered everything I could have asked about this topic. Well written and easy to understand.

Very informative discussion and suggestions for a variety of connective tissue disorders. Addresses Sjogren's Syndrome, Systemic Sclerosis (scleroderma), Systemic Lupus Erythematosus, Raynaud's syndrome, Polymyositis and dermatomyositis, and mixed connective tissue disease. Notes symptoms for each condition followed by holistic nutritional supplements with suggested dosages. I use some of them already. This gives more options to explore outside of traditional point-specific Western medicine. Both have their values. I like having the opportunity to augment my traditional therapy.

I have polymyositis and Raynaud's so this is very helpful. I'm all about holistic care that's what's helped me stay in remission drug-free for 8 years. *Lighter than a Feather: Becoming Phenomenally able through disability*

Even though the title is in medical jargon, this book is really for the average person trying to get a handle on how to deal with their particular connective tissue disease from Lupus to CREST to some weird rash related to an auto immune reaction. After a short intro on how the author came to write

about connective tissue diseases, the book takes each disease, or condition, and systematically going through the symptoms, conventional medical treatment with their side effects and then alternatives including foods to eat or avoid, supplements, and related treatments. After this there are sections on herbs and foods that are antibiotic, that help vasolate the blood vessels--ie open them up to help circulation, especially in the extremities: fingers, toes, hands and feet, and items that do other specific work with the body to alleviate symptoms--not just masks them. While the author includes conventional medical treatments, she clearly favors alternatives. This is useful, because many folks do use treatments from both conventional and complementary medicine concurrently. Since the book is some years old, it does not have some of the latest treatments, or some treatments that are not widely known or accepted by mainstream medicine, even if they are allopathic--ie medical treatment based on pharmaceuticals. What I found most helpful about the book is the last section on complementary treatments for various symptoms. This book is not the end-all-be-all for complementary/alternative treatments for auto-immune diseases, but it is a good general guide to begin looking at what may make symptoms better or worse and how to improve your quality of life while living with an auto-immune condition. The book has several weaknesses--although the bulk of the book is well organized--the beginning and end are confusing. The table of contents is strange--seems more like a list than a guide to what the book contains. However, you can probably skip those parts for all they add, and start right in on reading about the various diseases, especially since many are related or some people can have one condition, such as, say, Raynaud's, along with more serious diseases. Also the index is just about useless. There are index entries pointing to pages that do not exist in the book and the index misses many pages that mention an important symptoms such as dry eyes or lesions, for example. In both the index and the main text, often the sub-headings are not indented, so it's confusing. Good formatting here would have let you know that something is separate from something else. Still there is a lot of good info here, so I suggest you take notes if you read the book--to note page numbers and info that is important to you, so you can find it later. The book needed a good editor and/or someone with a sharp eye for formatting. I would have given five stars if the formatting and index had been up to snuff.

The book is ok but I have purchased many books and was looking for more information on each of the diseases. This will give an over all view though.

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