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The role of nutrition and functional medicine to alleviate the symptoms of lupus

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People die everyday from the complications of lupus and more than 5 million worldwide are afflicted. The pain and fatigue have forced countless individuals into disability. Simple dietary modifications can create significant changes. Discussed are vital aspects of nutrition with the use of functional medicine to lessen and alleviate the symptoms of lupus. Topics include testing for vitamin deficiencies, hormone levels, and gut function. Lab values with how to treat these deficiencies will be demonstrated along with the proper use of vitamin supplementation as well as treatment of chronic underlying infections. Food allergies and anti-inflammatory foods are also reviewed. Until now, medications have been the mainstream treatments for lupus. Nutrition, functional testing, and nutraceuticals can be additional assets to modern medicine.

Biography

Margaret A Romero is a board certified Nurse Practitioner and graduate of Columbia University School of Nursing. She received her Undergraduate Biology degree from SUNY Stony Brook. She has served as a preceptor and didactic instructor to physician assistants and nurse practitioner graduate students from Columbia University. As the founder of From Lupus to Living, her passion for working with individuals afflicted with lupus stems from her own personal journey with lupus nephritis.

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