



# A Body Out of Balance

*Nancy Carteron, Ruth Femes*

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# A Body Out of Balance

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## **A Body Out of Balance** Nancy Carteron, Ruth Fremes

One of the most common yet underrecognized autoimmune and rheumatological disorders. Sjögren's (pronounced SHOW-grens) syndrome, or SjS, affects more people than rheumatoid arthritis and lupus combined. Difficult to diagnose, SjS is characterized by symptoms that shift almost daily, usually beginning with vague discomforts such as dry eyes and dry mouth, then advancing to more severe concerns such as joint pain and swollen glands. *A Body Out of Balance* provides a comprehensive guide to the wide array of symptoms, traditional and complementary treatments, and invaluable coping methods, so patients may devise a personal treatment plan. Co written by a woman living with the disease and by a physician who has treated countless SjS patients, this indispensable resource will enhance awareness and demystify this often-misunderstood disorder.

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