

Lupus & WFPB (Last updated 3-4-22)

Collected by Jane Birch, author of [*Discovering the Word of Wisdom*](#)
<http://discoveringthewordofwisdom.com>

Please email Jane if you find a broken link (or have any questions) [EMAIL JANE](#)

For more WFPB topics see: [Topics A-Z](#)

See also: [Autoimmune Diseases](#)

Lupus is a very serious, potentially crippling disease. Fortunately it responds quite well to a whole food, plant-based (WFPB) diet. I encourage you to carefully study the resources below and then to try the diet. Here are the [WFPB Guidelines](#).

Brooke Goldner, M.D.

Dr. Goldner cured herself of crippling lupus by eating a very nutrient dense whole food, plant-based diet. She now spends her time helping others with lupus and other autoimmune disease and is highly successful. She can provide you direct help, if desired.

Her website: <http://goodbyelupus.com>

Her book: [Goodbye Lupus](#)

EXCELLENT podcast interview:

<http://plantyourself.com/saying-goodbye-to-lupus-and-other-autoimmune-diseases-with-brooke-goldner-md-pyp-227/>

Short version of her story:

<http://www.forksoverknives.com/stroke-doctor-reversed-lupus-plant-based-diet/>

Also:

<https://www.ecarediary.com/Blog2812/Conquering-Lupus-Dr-Brooke-Goldner-s-Story.aspx>
[X](#)

General explanation (which includes lupus) by Dr. John A. McDougall

<https://www.drmcDougall.com/health/education/health-science/featured-articles/articles/diet-only-hope-for-arthritis/>

“The Lupus Recovery Diet” by Jill Harrington

Website: <https://www.lupusrecoverydiet.com/>

Her book: ***The Lupus Recovery Diet: A Natural Approach to Autoimmune Disease That Really Works***

<http://www.amazon.com/The-Lupus-Recovery-Diet-Autoimmune/dp/0975870718/>

“How to Prevent and Recover from Lupus” by Roger French

<http://www.encognitive.com/files/Lupus%20recovery.pdf>

Success Stories

<https://www.drmcDougall.com/health/education/health-science/stars/stars-written/vanessa/>

<https://www.drmcDougall.com/health/education/health-science/stars/stars-written/mayra/>

<https://www.drmcDougall.com/health/education/health-science/stars/stars-written/diane-weedling/>

<https://www.drmcDougall.com/misc/2014stars/beckman.htm>

<http://www.diseaseproof.com/archives/lupus-julias-excellent-diet-defeats-lupus.html>

<http://www.plantbasedpharmacist.com/reversing-lupus-on-a-plant-based-diet/>

<https://www.forksoverknives.com/beating-lupus-with-vegan-diet/>

<https://www.forksoverknives.com/i-overcame-lupus-and-freed-myself-from-medications-with-a-plant-based-diet/>

<https://www.youtube.com/watch?v=iTlt8BpjH6g&feature=youtu.be>

<https://www.forksoverknives.com/success-stories/keeping-lupus-check-oil-free-vegan-diet/>