



Take Control of Your Lupus Bootcamp

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Registered Dietitian and Lupus Warrior

The
Lupus
Dietitian

- **30-minute Lupus Breakthrough Session -- one-on-one nutrition counseling session to personalize info to you with me!**
- **8 Weekly pre-recorded webinars, special guests, or other educational resources**
 - Available to watch and rewatch on your schedule and at your leisure! It doesn't matter if you're having a low-energy day, you can always watch the module from your couch, bed, or even later on in the week!
 - 1 Bonus week to catch up on missed material
- **Unlimited reviews of Food/Mood/Symptom Journals**
- **Meal Plans With Recipes (available with meat, vegetarian, and vegan options)**
- **Unlimited Group Chat Support**
- **Step-by-step workbooks, handouts, and templates to support your journey**
- **Printable resources!**

Topics:

- Lupus 101
- Lupus Nutrition for the Whole Family
- Lupus Medications - special guest pharmacist
- Advanced Nutrition for Lupus
- Mindfulness and Coping Mechanisms with a special guest Psychotherapist
- Exercise and Physical Activity with a guest Personal Trainer
- Lifestyle
- Environmental influences on Lupus
- Bonus material: Lupus and Pregnancy



Live Better with Lupus Academy

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Results you can expect:

1. Knowing what foods to eat/avoid
2. Having plenty of recipes/meal plan ideas to implement for you and your loved ones
3. Knowing what your labs mean and how we improve them!
4. Understanding Lupus, medications, and treatment plans
5. Feeling happy and prepared at doctor's appointments
6. Confidence that your habits help you feel your best
7. Flexibility to dedicate time on your hobbies and personal passions
8. Independence and ability to do the physical activities and movements you enjoy - dance, run, play!
9. Freedom to go out to eat again, socialize and travel!
10. Stability in your health - reduced flares, ability to plan a pregnancy or plan for travel
11. Recommendations for "clean" non-toxic skincare, make-up, cleaning supplies, and more
12. Less stress about your Lupus!
13. More time and energy to spend with loved ones and friends