

What is your lupus story? We'd love to hear it. Send us your thoughts and experiences to be featured in Lupus Canada's national monthly e-newsletter. Email your stories to [leanne.mielczarek@lupuscanada.org](mailto:leanne.mielczarek@lupuscanada.org)



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## Greetings,

### Hello November!

On the first of November, daylight savings time ends and longer winter nights hurriedly push sunlight from Canadian cities. Don't let dropping temperatures pull your spirit down with it. It is important to bundle up with optimism as the weather cools.

*Lupus Canada is pleased to announce that DeMar DeRozan of the Toronto Raptors will be teaming up with Lupus Canada to help raise awareness of lupus.*

Lupus Canada will be releasing a video on auto-immune disease on the 15th of November. Keep your eyes open!

## LUPUS CANADA NOVEMBER 2015 NEWSLETTER

### Autoimmune Disease and Chronic Pain

The first week of November is National Pain Awareness Week, hosted by the Canadian Pain Coalition. 1 in 5 Canadians live with chronic pain. About 15% of pain conditions do not respond to any current therapies.



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## My lupus story - by Lystra Lewis

I was 16 years old when I was first diagnosed with lupus. I had gotten my tonsils removed on March 30th 1976 and did not recover from that surgery. I remember not being able to eat simple things like jello and ice cream. Soon after that I became very ill. This is my story and it continues .....

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## How to conquer depression

Lupus is a challenging, life-altering lifelong chronic autoimmune disease. On bad days, living optimistically with lupus can seem like an impossible task. It is common to experience feelings of sadness, frustration, resentment, and grief.

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## Practice Body Awareness Exercises

To combat those nasty November winter woes, do some indoor body awareness exercises indoors. Relieve stress and pain not by numbing or ignoring it, but instead by locating it and focusing on it with slow movement, awareness based exercises.

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## Autumn Recipes to Warm the Body and Mind

Whether it is on your phone or a handy leather-bound notebook, remember to keep a food diary. Keeping a detailed note of the meals you consume will make it easier for you and your doctor to pinpoint, manage, and control flare-inducing foods.



### RECIPES

#### Spaghetti with braised kale

Sometimes everyone just needs a warm plate of pasta. Look for whole grain pasta, a complex carbohydrate, to help keep blood glucose levels stable. Kale is rich in antioxidants and vitamin K. *\*some lupus patients have severe reactions to garlic. If this is true for you, leave it out altogether.*

Serves: 4

## INGREDIENTS

1 pound lacinato kale (about 2 bunches), large center ribs and stems removed, cut crosswise into 1/2-inch slices  
3 tablespoons olive oil, divided  
1 medium onion, finely chopped (about 1 1/2 cups)  
8 large garlic cloves, thinly sliced\*  
1/2 pound spaghetti  
2 teaspoons fresh lemon juice

## PREPARATION

1. Rinse kale. Drain; transfer to bowl with some water still clinging.
2. Heat 2 tablespoons olive oil in heavy large pot over medium heat. Add chopped onion and cook until soft and translucent, stirring occasionally, about 6 minutes. Add sliced garlic and sprinkle with salt; cook until onion is golden brown, stirring occasionally, about 5 minutes. Add kale and remaining 1 tablespoon olive oil and toss until wilted, about 3 minutes. Cover pot and reduce heat to medium-low. Continue cooking until kale is very tender, stirring occasionally and adding water by teaspoonfuls if dry, about 20 minutes.
3. Meanwhile, cook spaghetti in medium pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain, reserving 1/4 cup cooking liquid. Add cooked spaghetti to kale mixture in pot. Add lemon juice and 2 tablespoons reserved cooking liquid; toss to combine, adding more liquid by tablespoonfuls if dry.

Photo:

<https://whitneyinchicago.wordpress.com/2009/10/04/braisedkalespaghetti/>

Source:

<http://www.bonappetit.com/recipe/spaghetti-with-braised-kale>

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