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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How Amy Copes with Lupus**

**By Lynda Appell**

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How Amy Copes with her Lupus

How Amy is successfully dealing with her Systemic Lupus Condition through her faith and her Significant Other Support

How Amy Copes with Lupus.

In summary, Amy is coping with her Lupus. It isn't easy. She's finding out daily it's far from impossible to survive with Lupus. Note: This is one woman's coping. It's not meant to be a general statement on every person's way of dealing with this disability.">

Preliminary note: Amy is an alias privacy reasons. She is a real woman. She and I have been long time dear friends

First a little primer on Lupus. Lupus is a chronic anti-inflammatory, auto-immune disease. There are basically two forms, discoid and systemic. The former is characterized by a rash across the cheeks and nose. It is butterfly shaped and makes the person look somewhat wolf like. Lupus wolf in Latin.

Amy has the second much more serious type. This version attacks mostly women of child bearing age. It can adversely affect all systems of the body> Mostly like joints, liver, kidneys and nervous system. She was in her mid thirties when she was diagnosed. I remember her reaction. She was greatly distressed, in tears, deeply worried about her future. Her lover, Joanna of over two decades was there to comfort her. She still is there to be of help and care.

## How Amy Copes with Lupus

Amy takes medication to cope with her joint inflammation and pain. Her prescription drugs are prescribed by her rheumatologist. Amy felt her specialist not only was quite knowledgeable about her condition but of equal importance he was a genuinely caring of her. Unfortunately he is retiring soon. She hopes and prays that she finds a doctor that is as knowing and caring as him.

"My faith gives me hope and strength." she truly believes. Primarily faith helps me with my condition."

Without faith I would have not made it this far. With the lupus you also have depression." You do have mood swings. This can also be a side affect of the medication.

Her current symptoms are lots of joint pain, trouble walking. Sometimes she is able to get around and sometimes not. She can get very fatigued. Joanna helps her spiritually, lovingly and emotionally.

I look for the rest of my future as being bright because I came to the realization that I must cope with my condition for the rest of my life. I was in denial in the beginning. Now I realize Lupus is a life long condition.

She tries her best to avoid rain and snow since dampness can worsen her condition. She also makes wholehearted attempts not to get too stressed out. Amy copes with her Lupus with a strong faith and equally with help and love from Joanna.

Disabled disability activist.

### **Amy Wasserman's Collage**

**By Maricon Williams**

#### **Amy Wasserman's Collage by Maricon Williams**

Collage is an art that unleashes creativity and passion. It takes a really talented person to master the craft. And one of the talented persons who have established a name in collage making is Amy Wasserman.

## How Amy Copes with Lupus

Amy Wasserman lives and works in western Massachusetts with her husband, Scott, and Biskit, the love pup. She has worked as collage instructor since 1985. Her clients include Bates Southwest, Business Week, Nickelodeon, Saatchi & Saatchi, Smithsonian, Sports Illustrated, Sports Illustrated for Kids, St. Martin's Press, TIME, and The Washington Post.

Amy is a graduate of the Pratt Institute of Design, whose work can be found in many mainstream publications like Time, Money, Smithsonian and others. She's been at it for more than ten years, and only recently migrated to the Macintosh for her primary tool. Now Amy creates her true masterpieces on a monster Mac system.

In addition to collage illustration, Amy is also inclined in photography, quilting, knitting, cooks vegetarian gourmet food and loves hiking in the woods with her husband and puppy.

In an article entitled Amy L. Wasserman Collage Illustration featured in DT&G May, 1996 issue, Amy sent a demo disk full of luscious eye-popping collage masterpieces...Now the works of Amy is exhibited in the Design & Publishing Center Gallery.

If you are interested in collage making, you can start by collecting clippings of different images, scaling them carefully, shaping, sanding and gluing them all together to create a magnificent piece of art. You must have passion for the work, because this craft entails a lot of patience. One piece of art is worth hours and hours of work! It is truly exhausting. Sure it is. But the moment that you take a glance at your final output, you'll be fulfilled – and the next time you know is that you're already hooked.

Although the Mac and programs like Collage, Photoshop, ColorIT and Painter make it so easy for the masses to create collage, true talent will always outperform all others. The skill that is developed by constant practice blooms into more and more beautiful craft.

Amy Wasserman's works are really wonderful and extraordinarily amazing! See for yourself and experience a different kind of art. Amy can be contracted for custom-made collages for anything from greeting cards to billboards. This woman is really gifted when it comes to art. Mind you, if you want advice or skill of a pro, catch up with Amy at [www.cutnpaced.com](http://www.cutnpaced.com).

For comments and questions about the article you may contact the Author at 888 8884211 or visit <http://www.uprinting.com>



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