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She May Be Weak, But Her Website is Still Going Strong!

ButYouDontLookSick.com - The daily online magazine for the Chronically Ill and disabled has managed to reach a milestone that so many websites fail to see. This month www.butyoudontlooksick.com celebrates its 5 year anniversary.

/24-7PressRelease/ - NEW YORK, NY, July 16, 2008 - ButYouDontLookSick.com - The daily online magazine for the Chronically Ill and disabled has managed to reach a milestone that so many websites fail to see. This month www.butyoudontlooksick.com celebrates its 5 year anniversary.

The site, founded by Christine Miserandino, offers tips, product reviews, articles and essays which have become invaluable to people with any chronic pain condition, or illness.

"I am so proud to be online for 5 years. I have seen my site grow more then I ever imagined. I always knew we could use technology as a tool for those of us with health issues to help each other and build a community." says founder Christine Miserandino.

In recent years, ButYouDontLookSick.com has transformed from a personal web site to an international community and support network for the chronically ill as well as their loved ones. The site now features articles from several talented authors as well as a forum, chat room, "Get Well Gift Store", and daily content delivered via newsfeed or e-mail newsletter.

ButYouDontLookSick.com is also the home of "The Spoon Theory", a young woman's explanation of what it feels like to live with Lupus. In her story, author Christine Miserandino wanted to explain how someone with a chronic illness makes choices everyday that a healthy person takes for granted. "I wanted something for her to actually hold. If I was in control of taking away the spoons, then she would know what it felt like to have something else, in this case Lupus, being in control." says Christine. "The Spoon Theory" has been featured in many health newsletters, magazines and support groups. The story has touched so many of the ButYouDontLookSick.com readers that they affectionately refer to each other as "Spoonies".

The message boards and chat room at ButYouDontLookSick.com have nearly 5000 active members. "It is very easy to feel isolated and uninformed when you are sick or stuck at home. I built this site to help people living with similar symptoms or experiences make connections." says Christine Miserandino. With this much growth in the first 5 years we are excited to see what the future holds.

*Christine is available for interviews, quotes, or guest blogging.

ButYouDontLookSick.com E- Magazine, online since July 2003, is about living life to the fullest with any invisible disease. The site is a collection of articles, stories, book and product reviews, with health resources and an active message board for the disabled, or those living with chronic pain or illness. Online gift store, chat room, and FREE daily email newsletter are new popular additions to our site.

Christine Miserandino is a writer, speaker, patient advocate, wife and mother living in Massapequa Park, NY. Her writing which has won various awards has been featured in numerous newspapers, magazines, medical newsletters and television media. Christine is the founder of www.butyoudontlooksick.com, a website that provides resources and useful tips for living life to the fullest with a chronic illness. Through her website, Christine has created an online community that brings people together from all over the world to share their experiences, seek support, offer tips and advice, and create friendships. She has been living with lupus for over 15 years, and has been volunteering for the Lupus Alliance, Long Island/ Queens Affiliate for 12 years. Christine has actively volunteered her time for various fundraising events, speaking engagements, and special programs offered by the Lupus Alliance. Recently, she has been appointed to the executive board of directors, of both the Lupus Alliance of America, and the Lupus Alliance of America - Long Island/ Queens Affiliate.

For information: visit www.ButYouDontLookSick.com or

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