



HIV/AIDS Battle Plan

What is HIV? What is AIDS?

Human immunodeficiency virus (HIV) cripples the immune system and severely decreases the body's ability to fight infection and destroy cancerous cells. Many people with HIV die from severe infection or cancer. Acquired immune deficiency (AIDS) is an umbrella term for any or all of some twenty-eight previously known diseases and symptoms. When a person has any of these diseases or infections and also tests positive for antibodies to HIV, an AIDS diagnosis is given.

Causes of HIV/AIDS:

- Sexual intercourse with a person infected with HIV (Usual non-sexual contact does not transmit HIV, so a person with HIV/AIDS is not a risk to the general population).
- Intravenous drug use involving contaminated needles.
- Transfusions of blood or blood products from a person with AIDS (rare).

Facts you should know:

- Over 1 million Americans are infected with HIV, of which approximately 200,000 meet the requirements for having AIDS.
- Many of the people who are infected with HIV don't even know they have it.
- The current average time between HIV infection and development of AIDS is ten years.
- The risk of transmission through oral sex is unknown. Ejaculation into the mouth should be avoided.
- HIV alone may not lead to AIDS without the help of one or more co-factors including drug use, repeated use of antibiotics, poor health maintenance, as well as many psychoneuroimmunological co-factors, such as stress, fear, and despair.

Signs and Symptoms:

- Initial infection with HIV may produce no symptoms. Laboratory tests for HIV may not become positive for 6 months after infection.
- Symptoms generally take 2-5 years (or longer) after infection to appear.
- A sudden onset can include: fevers, night sweats, joint and muscle pain, headaches, sore throat, generalized swelling of lymph glands, and/or rash on the trunk.
- A slow onset may include: unexplained fatigue, weight loss, fever, diarrhea, and/or swelling of lymph glands.
- Recurrent respiratory and skin infections
- Mouth sores
- Opportunistic infections, such as thrush (oral yeast infection), or pneumonia
- Genital swelling, the result of swollen lymph glands in the groin area.
- Enlarged liver or spleen
- In the advanced stages: neurological changes including dementia, partial paralysis, dizziness, and visual disturbances.

Treatment and Prevention:

Prevention of a decline towards AIDS after HIV infection seems to be dramatically helped by using methods that either retard or prevent the occurrence of infection or enhance the natural protective, detoxification, and self-healing roles of the body.

1). Diet

- Eliminate food allergens from the diet. Allergens may aggravate symptoms and hamper immune system function. Remove the most common food allergens first: wheat, dairy, corn, soy, and peanuts. After two weeks slowly introduce each food one-at-a-time back into the diet and watch for adverse reactions.
- Consume a diet rich in nutrient-dense, whole, unprocessed, preferably organic foods, especially plant foods (fruits, vegetables, whole grains, beans, nuts, and seeds), and cold-water fish.
- Eliminate chocolate, caffeine and alcohol from the diet.
- Avoid consuming sugars and refined foods. Consuming 75g of sugar in any form in one sitting depresses immune cell activity by 50% for 1-5 hours.
- Oat bran is rich soluble fiber and glutamine. Glutamine significantly improves and safeguards intestinal health.
- Eat small meals throughout the day to optimize absorption of nutrients from food.
- Guard against malnutrition, common among HIV-infected individuals and almost universal in people with full blown AIDS. People with HIV/AIDS often suffer disruptions in the digestive processes caused by the weakening of the immune system. Raw foods, like vegetables, can be lightly cooked (steamed, stir-fried, added to soups, stews, etc.) or juiced to better facilitate digestion. Sometimes, however, nutritional supplements taken orally or via injections are the only way to ensure adequate nutrition.

2). Nutritional Supplements

- Spirulina™ – rich in beta-carotene that promotes immune function and higher CD4 counts, and decreases fever, free radical degeneration, nocturnal sweating, diarrhea, and weight loss. Beta-carotene supplementation in smokers may increase the risk of lung cancer in those who smoke. Smokers should substitute freshly prepared carrot juice for beta-carotene supplements. (*Use our organic Spirulina -- Take 10 – 20 capsules daily or use our Carrot Juice Plus™ -- take 1 Tbsp in water or in a green drink daily*)
- Vitamin B – including vitamins B1 (thiamin) and B12 (methylcobalamin). Thiamin helps energy production and is vital for proper nervous system function. Methylcobalamin inhibits HIV infection of normal blood cells and deters HIV replication.
- C from Nature™ – a proven, powerful antioxidant and inhibitor of viruses and bacteria. Caution: high doses of vitamin C may inhibit lymphocyte function. 10 – 20 tablets daily between meals should safely promote vitamin C's beneficial effects. (*Or try our Alma C Plus™ - Take 2 capsules daily*)
- Vitamin E – has immune enhancing and antioxidant properties. Vitamin E helps restore spleen cells, helps the body destroy infected cells, inhibits HIV replication, and helps to prolong the progression to full-blown AIDS.
- Rice bran solubles contain tocotrienols, a natural vitamin E type nutrient – studies show these fat-soluble antioxidants to be more potent than vitamin E in maintaining the body's healthy absorption of nutrients.
- Flaxseed – contains linoleic acid, which has been shown to greatly inhibit the progression of less severe forms of an autoimmune disease induced by animals by immunization with myelin. (*Use our Flax Advantage™ - take a ½ cup of fresh flaxseeds ground daily*)
- Selenium – helps production of glutathione, a critically important antioxidant and detoxifying agent in liver cells and mitochondria (the energy-production factories in each cell).

- *N*-acetylcysteine (NAC) – a key component of glutathione, NAC has shown to effectively suppress HIV replication in infected cells.
- Alpha-lipoic acid: an extremely powerful antioxidant that destroys free radicals, removes heavy metals, recycles other antioxidants, and promotes production of glutathione.
- Pancreatic enzymes – without adequate pancreatic enzymes, normal digestion cannot occur.
- *Lactobacillus acidophilus*: friendly bacteria that kill unfriendly bacteria and provide nutrients to intestinal cells. (*Use our Advanced Probiotic Blend™ which contains friendly shelf-stable pH safe bacteria – Take 3-4 capsules daily*)
- Stress Ex – Formula 16™ -- helps ease feelings of intense stress or helplessness. (*Take 3 tablets daily*)

3). Herbs

- Glycyrrhizin glabra (licorice) – protects the liver, enhances the immune system, boosts interferon (the body's own antiviral agent), and promotes the flow of bile to and from the liver.
- *Curcuma longa* (turmeric) – inhibits HIV replication
- Bromelain – a natural protease inhibitor. Proteases are protein-digesting enzymes that, in HIV, are required for replication. Protease inhibitor drugs are showing tremendous benefit in the treatment of HIV and AIDS, but they are expensive and associated with many side effects. When compared with protease-inhibiting drugs, bromelain demonstrated significantly better activity.
- *Hypericum perforatum* (St. John's Wort) – inhibits binding and entry of HIV into host cells. It also acts well as an antidepressant for HIV positive patients. Taking St. John's Wort can increase the body's photosensitivity. Patients should wear sun block.

4). Mind/Body Medicine

- There is a vital relationship between a person's emotional state and their immune system. Emotions such as guilt, hopelessness, suppressed anger, and fear, which are common among many persons with AIDS, add to the burden of the immune system. It is strongly recommended that if you HIV-infected, you see a therapist to help with the distress which permeates AIDS and HIV associated illnesses.
- Any stress coping strategy which reduces these negative influences on the nervous system, be this relaxation, meditation, visualization, or some form of therapeutic counseling, treatment, or group work, will help immune function.

Recommendations:

To prevent HIV infection:

1. Restrict sexual activity to partners whose sexual histories are known.
2. Use condoms for vaginal and anal intercourse. Effectiveness is not proven, but use may prevent transmission.
3. Do not use intravenous self-administered drugs. Do not share needles.
4. Avoid unscreened blood products (some foreign countries may not screen blood for HIV as well as others)
5. Infected persons and those in high-risk groups should not donate blood, sperm, organs, or tissue

To slow progression of HIV/AIDS:

6. Avoid contact with individuals with easily transmitted infectious diseases such as the cold or the flu.
7. Avoid raw eggs, unpasteurized milk or other potentially contaminated foods.

8. Do not smoke or drink alcohol.

We do not intend to diagnose, treat, cure or prevent any disease