

## 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

- **Immuno Max**-Fortunately, nature offers hope in the form of plant parts and extracts that naturally support your body's defense and aid in building the immune support your cells are looking for. (*May follow label copy as Immuno-Max is pretty strong but may take up to 3 times the amount recommended on label if you so desire.*)

##### **Ingredients:**

- **Aloe 200X**: used in the treatment of AIDS. "Aloe is to an AIDS patient such as insulin is to a diabetic." said Dr. Terry L. Pulse, MD. Dr. Pulse further confirmed that, like his tests, another doctor's tests- Dr. H. Reginald McDaniel- also reflected a drop in HIV antibody positive cell

culture. Also, symptoms such as fever, night sweats, diarrhea, and opportunistic infections were either eliminated or significantly reduced in all patients. Dr. McDaniel has been quoted as saying "A substance in the Aloe plant shows preliminary signs of boosting AIDS patients' immune systems and blocking the human immune-deficiency virus' spread without toxic side effects [unlike AZT]."

- **Green Tea Extract:** Scientists in Japan have found a component of green tea that can stop HIV from binding to healthy immune cells, which is how the virus spreads. Their laboratory tests suggest a chemical called Epigallocatechin Gallate (EGCG) protects cells.
  - **Arabinogalactan AG3:** superior to Echinacea in boosting immunity due to higher macrophage proliferations, with a more concentrated form of the polysaccharides that contribute to Echinacea's immune enhancing attributes.
  - **Astragalus:** This root has been used to promote immune function and is used extensively in traditional Chinese medicine. Research shows that astragalus has immunostimulatory properties- it increases the number of stem cells in bone marrow and lymph tissue and encourages their development into active immune cells. It appears that this herb helps trigger immune cells from a "resting" state into heightened activity and one study showed that it increases the production of interferon. Astragalus also enhances the body's production of immunoglobulin, stimulates microphages and it can help activate T cells and natural killer cells.
  - **Cat's Claw:** The Ashaninka tribe in central Peru has the longest recorded history of the use of the plant. It has been used since the early 1990's as an adjunctive treatment for AIDS, as well as for other diseases that target the immune system.
- **Vir-U-Sure-** We at PHP know that there is no cure for viruses. Our only hope is to assist our body's ability to detect the virus quickly, support the body's fight against the replication and aiding the body's ability to halt their macro agglomeration or grouping together. When we do this, our body can quickly suppress the viruses' strength and severely limit its impact on our bodies. That is why we set out to compose what we believe to be nature's most promising natural support for your body's fight against these miserable conditions. *(May take as much as 3 times amount recommended on label.)*
- **40X Aloe Vera concentrate-** *(The Immuno-Max also contains aloe vera concentrate but you may always add extra aloe to your diet. You can take as much as you feel your body can handle.)*
- **Organic Spirulina™** – rich in beta-carotene that promotes immune function and higher CD4 counts, and decreases fever, free radical degeneration, and 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 10 grams/ 1 tsp. of the powder mixed in water or in a green drink. May be used together or separately with our **organic Carrot Juice Plus™** and/or **Rice Bran Solubles**).*

- 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. (**Organic Spirulina** is also a wonderful source of the vitamin B complex and is the highest natural source of B12.)

**These products may also be beneficial:**

- **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. (*Take 3 servings 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. (*May be mixed with Organic Spirulina and Organic Carrot Juice Plus.*)
- 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 **Organic 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*)

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:*

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

*To slow progression of HIV/AIDS:*

- Avoid contact with individuals with easily transmitted infectious diseases such as the cold or the flu.
- Avoid raw eggs, unpasteurized milk or other potentially contaminated foods.
- Do not smoke or drink alcohol.

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*\*\*The FDA has not evaluated these statements. We do not intend to diagnose, treat, cure or prevent any disease. This information should be shown to your doctor and discussed as an integrative solution to, or possible lifestyle support for, the aforementioned conditions. Always seek the advice of a licensed qualified physician with an understanding of integrative therapies.\*\**

*If you need advice on how to approach your doctor on health/ nutrition, please see our archived Consumer Education Conference Call on [www.phporder.com](http://www.phporder.com) (under Education section) titled "How to Talk to your Healthcare Provider".*

***PHP is based on the tradition of Naturopathics, which operates on the premise that our bodies are self-healing if given the right tools and environment. This tradition has been well practiced for over 5,000 years!***

***A WORD FROM DAVE....***

Several years back, I began to notice a disturbing trend in the lives of the people I cared about. In increasing numbers, the people I loved were complaining of low energy, poor digestion, weight gain, diabetes, arthritis, and dozens of other major and minor ailments.

My efforts to help make a difference in their lives and their health led me down a fascinating, fulfilling and challenging path. I learned about the benefits of a lifestyle that emphasizes raw, enzyme-rich food. I also learned the traditional healing practices from virtually every corner of this planet, where thousand-year-old knowledge became profound in a modern world desperate for answers.

I have devoted nearly two decades of my life to discovering foods that heal and making them available in their purest, (almost always) organic, non-crossbred, wild-crafted forms. The foods that I seek are designed by nature and are especially easy to use and assimilate. The thousands of lives that I have been able to improve and the renewed hope that people feel, is the fruit of those efforts and my pride and joy.

The foods I recommend are unprecedented in their potency, purity, and in the complexity of their contribution to your body's well-being. Within 90 to 120 days of embracing the knowledge you find revealed within the pages of The Green Foods Bible, you'll feel your body awaken and thrive as it never has before...

Dave Sandoval  
Author of The Green Foods Bible  
Founder of PHP

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**PHP's CONSUMER EDUCATION CALL**

**Wednesday nights 6 pm PST/ 9pm EST dial (212) 461-5800,**

Enter pin code # 8246 when prompted

*The Consumer Education calls are available for 1 week after the original date, listen on the replay line by dialing (212) 461 8911*

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**Did you know?** PHP is proud to offer **FREE health/nutrition consultations** with **staff naturopath, Dr MICHAEL WOHLFELD-** ABSOLUTELY FREE of charge with no strings attached!  
Contact Dr Wohlfeld via his toll-free number **(800) 962 LIFE (5433)** and/or via e-mail at [askphpdoc@gmail.com](mailto:askphpdoc@gmail.com)