

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 229th Newsletter, I want to give us a chance to consider the world of **HIV**, and the effects it has on people's physical, mental, emotional and even our spiritual well being. In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on hypoglycemia that you can read in full [HERE](#).

We are going to go **beyond the obvious** as we EXPLORE the topic of HIV. Fully **20% of people** with HIV have no idea they are carrying the virus. Please, read this newsletter, even if it is to know how to **support** friends or family that may be dealing with this virus now or in the future. Then you can, if you wish, **introduce** our recommendations into your or their wellness practices and diet to achieve and maintain **optimal** physical well-being, emotional, mental and spiritual balance and vibrant energy.

Living MINDFULLY is OUR ANSWER to PREVENTING and/or HEALING HIV!!

HIV (Human Immunodeficiency Virus) belongs to a family of viruses known as **retroviruses**. This means the virus imprints itself on to the person's DNA and steadily continues to mutate. Once HIV enters the

bloodstream, it takes over cells vital to the immune response, known as **CD4+ lymphocytes**. The virus then inserts its own genes into the cell, turning it into a miniature factory that produces more copies of the virus. Slowly, the quantity of virus in the blood goes up and the number of healthy CD4+ cells goes down. This interferes with the body's ability to fight off **infections** and other diseases. The HIV virus has infected approximately 34 million people worldwide and over 1 million people in the US are living with HIV. Of those, one in five people in the United States infected with HIV **doesn't know** they have it. HIV tests themselves are under question as 60-70 factors have been published in respected scientific and medical journals that can show positive in HIV tests. Some of those 60-70 factors include **vaccinations** against other diseases, like Hepatitis B or Flu.

HIV is not the only cause of low CD4 counts. Low CD4+ T lymphocyte counts (CD4 counts) are also associated with a variety of conditions. These include many viral infections, **bacterial infections**, parasitic infections, sepsis, tuberculosis, coccidioidomycosis, burns, trauma, intravenous injections of foreign proteins, malnutrition, over-exercising, **pregnancy**, corticosteroid use, normal daily variation, psychological stress, and social isolation. There are also a number of people who are completely healthy and who have low CD4 counts for no apparent reason.

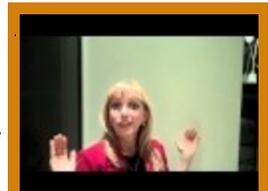
HIV is not as **contagious** as is often believed. The virus does not survive long outside the body and can only be transmitted through the exchange of certain body fluids such as blood, semen and vaginal



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fluid. The virus can gain access to the body at its **moist surfaces** ("mucous membranes"). HIV can be transferred from one person to another (transmitted) through:

- **Unprotected** vaginal or anal intercourse with an infected person. Sex is the major mode of transmission of HIV worldwide.
- A mother's infection passing to her child during pregnancy, birth or **breastfeeding** (called vertical transmission) – the risk of HIV passing from mother to child is approximately 30% if no preventative measure is used.
- **Injection** with contaminated needles, which may occur when intravenous drug users share needles, or when health care workers are involved in needle prick accidents.
- Use of contaminated **surgical** instruments, for example, during traditional (Cont. on next page) circumcision.
- **Blood** transfusion with infected blood.
- Contact of a mucous-membrane



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Living MINDFULLY is OUR ANSWER to PREVENTING and/or HEALING HIV!! (Cont.)

surface with infected blood or body fluid, for example with a splash in the eye (Note that the virus cannot penetrate **undamaged** skin.)

If a person is exposed to HIV in one of the above ways, infection is **not inevitable**. The likelihood of transmission of HIV is determined by factors such as the level of concentration of HIV present in the body fluids. For example, although HIV has been detected in saliva, the **concentration** is thought to be too low for HIV to be transmitted through deep/wet kissing since it would require the **exchange** of almost one liter of saliva between individuals before there would be sufficient virus available for possible transmission. Additionally, a **digestive** protein in human saliva tends to inactivate the virus.

The risk of HIV transmission also depends on the **stage** of infection of the HIV-positive sexual partner. Virus concentrations in blood and body fluids are highest when a person has very recently been infected with HIV, or otherwise **very late** in the disease. Very early after infection the virus can multiply rapidly as the immune system has not had time to respond and fight back. Late in the disease the virus can multiply rapidly because it has destroyed the **immune system** altogether. However, it is important to note that once a person is infected with HIV, their blood, semen or vaginal fluids are always infectious, for the rest of their lives.

Vulnerability to HIV infection through sexual contact is increased if a person has sores on the genitals, mouth or around the anus/rectum. These sores can be caused by rough intercourse, other sexually transmitted infections (STIs), gum disease or overuse of **spermicides**.

In heterosexual sex, **women** are more vulnerable to HIV infection

because of the large mucous-membrane surface area of the vagina compared to that of the urethra (penile opening). Therefore, in regions where **heterosexual** sex is the main way HIV is transmitted (as in South Africa), approximately four women are infected for every three men that are infected. Men who are **circumcised** have a slightly lower risk of being infected with HIV.

Unfortunately, there are still many myths around HIV. A person **cannot** be infected through:

- Mosquito bites
- Urine or sweat
- Public toilets, saunas, showers or swimming pools
- Sharing towels, linen or clothing
- Going to school with, socializing or working with HIV-positive people
- Sharing cutlery or crockery
- Sneezes or coughs
- Touching, hugging or dry kissing a person with HIV
- Contact with animals, since HIV is strictly a human virus and is not carried by animals

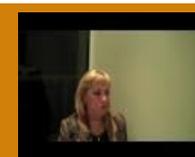
Many people infected by HIV develop a **flu-like illness** within a month or two after the virus enters the body, which lasts for a few weeks, but HIV is often an invisible disease. "In the early stages of HIV infection, the most common symptoms are **none**," says Michael Horberg, MD, director of HIV/AIDS for Kaiser Permanente, in Oakland, Calif.

Possible HIV symptoms include:

- Fever
- Rash
- Headache
- Sore throat
- Swollen lymph glands, mainly on the neck
- Joint pain
- Achy muscles and/or joints
- Diarrhea
- Night Sweats
- Mouth or genital ulcers
- Fatigue
- Weight loss
- Cough and shortness of breath
- Tooth and gum issues

(Cont. on next page)

One of the **main fears** surrounding HIV, has been the assertion that HIV causes AIDS. No one has ever proved that HIV causes AIDS. A German court even declared that HIV must not be claimed to be definitely the cause of AIDS as there is **no proof**. The first cases of AIDS appeared in 1981. Two scientists, Robert Charles Gallo, an American biomedical researcher from the National Cancer Institute in Bethesda,



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To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking [HERE](#).

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here:

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By listening to my body, and being a

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Maryland and Luc Montagnier, who led a French team at the Pasteur Institute in Paris, France were said to be the **co-discoverers** of HIV. Montagnier, who was awarded the Nobel Prize for Physiology of Medicine said HIV's role in causing AIDS "remains to be determined." Gallo's original claim was that HIV was the **probable** cause of AIDS. Over time, in scientific references to Gallo's original paper, the word 'probable' gradually got used less and less, even though there was no additional **research** that suggested this conclusion. Leading biochemical scientists, including University of California at Berkeley retrovirus expert Peter Duesberg and Nobel Prize winner Walter Gilbert, have been **warning** for years that there is no proof that HIV causes AIDS. Peter Duesberg found 4,621 cases of AIDS without HIV recorded in the literature, 1,691 of them in the United States. (Such cases tend to disappear from the official statistics because, once it's clear that HIV is absent, the CDC no longer counts them as AIDS.) Just as there are cases of AIDS without HIV, there are cases of **HIV-positive** persons who remain healthy for more than a decade and who never suffer from AIDS. According to Dr. Kary Mullis, Biochemist, 1993 Nobel Prize for Chemistry, "If there is evidence that HIV causes AIDS, there should be scientific documents which either singly or collectively demonstrate that fact, at least with a high probability. There is **no such** document." Dr. Mohammed Al-Bayati, a pathologist and a toxicologist with a Ph.D. in comparative pathology from the University of California Davis and a dual board certified toxicologist (DABT & DABVT) and author the book, "Get All The Facts: HIV does not cause AIDS," did **extensive** research and found that AIDS can be caused by many agents. AIDs can develop in an HIV+ person but generally by the time AIDS develops in a person with HIV, the immune system has been severely **undermined**, making the infected person susceptible to many infections and diseases that a person with a strong and **healthy** im-

mune system never has to deal with ... including AIDS.

WebMD states: "The main goal of HIV treatment is to fight HIV in the body. But another goal is to do this without causing extreme side effects." What makes the many studies about **alternative** ways to treat HIV so important is that it shows nutritional therapy as a highly effective tool for safely delaying disease progression and symptoms without **toxic** side effects.

It is thought that the body cannot rid itself of the HIV virus once infected but, it can **diminish** the viral load to almost undetectable levels. A combination of a Balanced Raw Living Foods Diet and **Mindful** lifestyle practices can have a huge effect on maintaining OPTIMAL Health and Wellness.

Even though you may think you have no chances of **contracting** HIV and are not diagnosed as HIV+ please read this entire newsletter and check the symptoms because many people have HIV and **do not know it** and they only deal with it when it is already too late. When you give yourself the gift of detecting it earlier, like any health condition, it is much easier to heal.

In the case of HIV, it can be **re-gressed and managed** by honoring oneself with a Balanced Raw Living Foods Vegan Diet and a mindful lifestyle. Through which you can create MASSIVE wellness improvement, like **vibrant energy**. These strategies also give you the greatest chance for OPTIMUM WELLNESS.

The **conventional** medical treatment for HIV includes a mixture of many drugs. The combination is called Antiretroviral Therapy (ART). Unfortunately, the drugs used to suppress the virus in the majority of HIV patients are quite **toxic** and carry significant side effects that can interfere with your quality of life and even be life **threatening**. Some of the noted

side effects of standard anti-HIV drug "cocktails" include:

- Anemia
- Abdominal pain
- Nausea and vomiting
- **Pancreatitis**
- Fatigue
- Dizziness
- Headaches
- Insomnia
- Peripheral neuropathy
- Depression
- Rash
- Lactic acid buildup
- Dry mouth
- Flu-like symptoms
- Elevated **sugar levels** and triglycerides and fats in the blood
- Changes in heart rhythm
- Weight loss
- Severe liver damage
- Decreased bone density
- **Kidney and renal issues**
- Damage to the immune system
- Derangement in glucose and lipid metabolism
- **Lactic acidemia** (sustained accumulation of lactic acid in the blood)(Cont. on next page)
- Bone Marrow damage
- Drug-induced deficiencies
- **Damage to the liver**
- Lipodystrophy, including fat loss (Cont. on next page)
- in arms, legs and face; fat gain in the stomach or behind the neck. People who start ARVs with low CD4 counts have increased risk of lipodystrophy.
- Peripheral **Neuropathy** which is a painful condition caused by nerve damage. Neuropathy normally starts in the feet or hands; it can also be caused by other medical conditions.
- **Mitochondrial** Toxicity, which is damage to structures inside the cells. It might cause neuropathy or kidney damage, and can cause a buildup of lactic acid in the body.
- **Osteoporosis** bone problems are common in people living with HIV. Bones can lose their

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mineral content and become brittle. Get enough vitamin D and calcium from food or, if needed, supplements. Weight-bearing exercise like walking, yoga or weight lifting can be also helpful.

The principles of OPTIMAL NUTRITION for healing the HIV virus are also the same principles that can BOOST your IMMUNE system to PREVENT contracting HIV!!!

We have known for decades that **nutrition** plays a major role in immunity and the ability of the immune system to respond to infection. The nutrients our bodies derive from food keep the immune system strong in countless ways. For example, the skin and linings of the **lungs and gut** provide the first line of defense by acting as physical barriers to viruses and bacteria. These **barriers** are very sensitive to nutrition, particularly vitamin A, and deteriorate when people don't get proper nutrition. Without proper nutrition, viruses and bacteria have easier access into the body.

The body mounts a **defense** against invaders by using different types of immune cells and chemicals. This type of defense requires energy, proteins, vitamins and minerals—all of which are supplied by food. A lack of any of the key nutrients can **weaken** the body's ability to fight infection.

Nutritional issues are common concerns with HIV. At some point, almost everyone living with HIV will face **challenges** in maintaining good nutrition. Problems can be related to HIV infection itself and to the effects of anti-HIV therapy, also called HAART (highly active antiretroviral therapy). For example, the virus can infect some of the immune cells in the **intestines**, causing local inflammation and making it more difficult to absorb nutrients and medicines. This can result in **weight loss** or vit-

amin and mineral deficiencies.

Also, the nutritional needs of people with HIV are greater because the body has to work **overtime** to deal with a chronic viral infection and to fight off opportunistic infections. People co-infected with hepatitis C, which attacks the **liver**, are even more at risk for nutritional problems because the liver plays a central role in processing all nutrients and most drugs. Finally, poor **appetite**, fatigue, nausea and the side effects of medications can make it hard to eat well.

If you have HIV, you **absolutely** must eat well. A good basic diet will include plenty of raw vegetables, seeds, nuts, grains, fresh fruit, and lean protein from quality sources. **Soaking nuts** and seeds is recommended so that you may get the full nutritional value of the nut or seed. **Wheatgrass** and raw live sprouts are miracle foods containing massive quantities of nutrients including vitamins, minerals and active **enzymes** that help the body both prevent and heal disease. To fight HIV, include cruciferous vegetables (broccoli, cauliflower, cabbage, brussels sprouts, and others) in your diet. Garlic and onions have natural antibiotic effects, so use them often. Add fresh wheatgrass juice to your daily routine and live **raw sprouts** to your meals. Drink a glass of clean purified water every two waking hours. Make sure the water is from a

good source, to avoid bacteria and parasite infection.

If you have HIV, it is strongly advised that you invest in a good **juicer**. Live juices will help your weakened system absorb a maximum amount of **nutrients**. Drink several glasses daily of a variety of juices, especially those made from cruciferous vegetables, black radishes, cabbage, greens (such as wheatgrass and sprouts), and carrots.

Every month consider doing a very **short** raw juice fast. Juices made from spinach, sprouts, and multiple greens and a raw vegan protein powder to help cleanse the body. Pack the juices with lots of **nutrition** so that your body gets all it needs. Green drinks are another excellent way to purify the blood.

The basic **principles** of healthy eating will also serve you well if (Cont. on next page)

you are HIV-positive. These principles include:

- Eating a diet high in **vegetables**, fruits, whole grains, and legumes
- Choosing low-fat sources of raw vegan **protein**
- Limiting sugar of any kind and no artificial sweeteners

The principles of OPTIMAL NUTRITION for healing the HIV virus are also the same principles that can BOOST your IMMUNE system to PREVENT contracting HIV!!! (Cont.)

- Choosing proteins, carbohydrates, and a little **healthy fat** in all meals and snacks
- Eating **raw and plant based**
- Including as many **Essential Fatty Acid's** as possible
- Eating as many live raw greens as possible – filled with **chlorophyll** - Live foods have micronutrients, and delay the infection of HIV
- Including **Fiber**
- Capitalizing on the **nutrients** in Spinach and other green leafy vegetables, Broccoli, cabbage, Green beans, Avocados, Beans and other legumes, Nuts, Grains, Oil, Raspberries and all berries, Sweet potatoes, carrots, Pumpkin and sunflower seeds, Extra Virgin Olive oil, **flaxseed oil**, hempseed oil, wheatgrass and spouts.
- Bolstering your immune system's ability to function, nutrients play a key role in your immune function. Focus on eating more **immune-boosting** foods, including mushrooms, leafy greens, fermented foods and coconut oil

According to the Tufts University School of Medicine, **calories** are the energy in food. They provide your body with the fuel it needs to keep running. If you are HIV positive, you will need to increase the amount of food you eat to maintain your lean body mass. You need at least **17-20 calories** per pound of body weight. During infections and fever, however, your calorie needs may be higher than usual. Keep in mind, calories from healthy, nutrient-dense foods will keep you healthier than **empty calories** from sugar and fat.

CARBOHYDRATES - Carbohydrates (carbs for short) are mainly used for energy. They fall into two groups, simple and complex. Simple carbohydrates are digested easily and so are **fast sources** of energy. The simple carbohydrates that are dangerous for your health and provide empty calories with no nutritional values include sugars, and white starchy foods such as white

bread and white rice. A healthier simple carbohydrate would be fruit.

Complex carbohydrates which include whole grains, legumes (beans and peas) and vegetables, raise the blood sugar levels more slowly and generally provide more fiber, **vitamins and minerals** than simple carbohydrates. Use sprouted grains like quinoa. As a general rule with carbohydrates:

- Eat five to six **servings** (about 3 cups) of fruits and vegetables each day.
- Choose produce with a variety of **colors** to get the widest range of nutrients.
- Choose **legumes** and whole grains, such as brown rice and quinoa. If you do not have gluten sensitivity whole-wheat flour, oats, and barley may be ok. If you do, stick with brown rice, **quinoa**, and potato as your starch sources. If you are diabetic or pre-diabetic or have insulin resistance, then most of your carbohydrates should come from vegetables.

PROTEINS - Protein is especially important for people with HIV. Proteins have many important functions in the **cells and systems** throughout the body. They are used to make cell structures, hormones, enzymes and components of the immune system. In general, people living with HIV need higher amounts of protein to maintain lean **body mass** and provide building blocks for the immune system. However, some medical conditions can be made worse by too much protein, so it is important to follow any **directions** your health care provider or nutritionist gives you about your protein requirements. Main sources of protein are: Legumes, beans and nuts and seeds like **almonds** and hemp seeds. Many vegetables and particularly **sprouts** include large quantities of protein and other building blocks for optimal health. The general guidance for proteins are:

- Aim for **100-150** grams a day, if

you are an HIV-positive man.

- Aim for **80-100** grams a day, if you are an HIV-positive woman.
- If you have kidney disease, don't get more than 15%-20% of your calories from protein; too much can put **stress** on your kidneys.

Note that eating meat introduces **hormones**, antibiotics and other chemicals into your system that could damage your immune system. Meat also increases your chances of being exposed to bacteria and **fungi** like ecoli. This is important for immune-compromised people. Dairy Milk is the # 1 cause of food **allergies** in the US according to the American Gastroenterological Association. Dairy products also slow down the digestive system. Failure to **break down** proteins in the GI tract, is a major piece of the HIV cycle. It also inhibits your body from **absorbing** healthy nutrients that you are consuming, contributing to a declining immune system.

FATS - Get **30%** of your daily calories from healthy fats. Fats and oils are the most concentrated source of energy in our food supply. Some fats are neces(Cont. on next page)

sary in our diets to provide building blocks—called **essential fatty acids**—that the body doesn't produce. Saturated and Trans Fats are more hazardous to our health because they increase the risk of heart disease. Saturated fats are found in animal fats, dairy fat and palm oil. Trans fats (or trans fatty acids) are found in most processed foods. **Healthy fats** are composed more of monounsaturated fatty acids and **omega-3** fatty acids. Examples of healthy oils and fats are extra virgin olive oil, flax oil, nut oils, virgin Coconut Oil, nuts and avocados. Coconut oil has the plus of being a natural **anti-viral**.

The principles of OPTIMAL NUTRITION for healing the HIV virus are also the same principles that can BOOST your IMMUNE system to PREVENT contracting HIV!!! (Cont.)

Many nutritional and **alternative therapies** can and often do produce significant improvements in the quality of life for someone with HIV. The goals of these therapies are to:

- Strengthen your immune system
- Provide relief from HIV symptoms and drug side effects
- Improve overall **quality of life**

Vitamins and minerals are called **micronutrients** because they are needed in very small amounts. They cannot adequately be made by the body and must be obtained from diet and/or supplements. Micronutrients do not provide energy but perform **vital** functions that regulate the many activities and chemical reactions that take place inside the body. A person with HIV might be deficient in a micronutrient for any number of reasons: **side effects** make it hard to eat, nutrients from food are not absorbed, or the body needs more nutrients to fight the virus. Several studies have shown that people with HIV are at increased risk of developing micronutrient **deficiencies**. In turn, these deficiencies can increase the rate of infection, making people with HIV more susceptible to other diseases. For this reason it is believed that the micronutrient requirements for people with HIV are **higher** than the RDAs for the general population. Here are some of the micronutrients that are important for those with HIV:

Vitamin A: In a study in Africa (Lancet, June 25, 1994, page 1593), pregnant women with the highest serum levels of Vitamin A reduced HIV transmission to their offspring to **7%** compared to those with the lowest blood levels of Vitamin A who had a HIV transmission rate of **32%** to their offspring. The authors of the article, Semba, Miotti, Saah et al, wrote: The underlying biological mechanisms concerning vitamin A in mother-to-child transmission may include the essential role vitamin A plays in immunity and maintenance of mucosal surfaces.

Lack of vitamin A is associated with **compromised** T-cell and B-cell function which may contribute to higher viral loads. Vitamin A can be found in carrots, winter squashes (acorn and butternut), sweet potatoes, cantaloupe, apricots, **spinach**, kale, turnip greens, broccoli, red bell peppers and other greens.

B vitamins may help slow disease progression in people with HIV. They are also important for healthy **mitochondria**, the power-producing structures in cells, and may help decrease the impact of mitochondrial toxicity. B vitamins are **depleted** quickly in times of stress, fever or infection, as well as with high consumption of alcohol.

Levels of vitamin B12 in the blood may be lower in people with HIV. It can also be low in people over the **age of 50** years. B12 deficiency is associated with an increased risk of peripheral neuropathy, decreased ability to think clearly, and a form of **anemia**. People with low B12 levels usually feel extremely tired and have **low energy**. This deficiency is also linked with HIV disease progression and death. Ask your doctor to check your blood levels. If they're low, ask about B12 injections to get them back into the ideal range.

If you get **B12 shots** and your vision is getting worse, mention it to your doctor, especially if you are a smoker. Some forms of injectable B12 can damage your eyes if you have a rare genetic condition called Lerber's hereditary optic atrophy. B12 can be found in **spirulina**, nori and fortified nutritional yeast.

These are food solutions for other B vitamins:

- **Vitamin B1** (Thiamin) - brown rice & whole grains, bread, pasta, oatmeal, brewers and nutritional yeast, legumes, cereals, sunflower seeds, nuts, watermelon and raw wheat germ.
- **Riboflavin** - yeast, beans, cere-

als, whole grains, spinach, broccoli, wheat germ and mushrooms.

- **Vitamin B3** (Niacin) - legumes, brown rice, green vegetables, potatoes, tomatoes and broccoli.
- **Vitamin B6** - whole grains, peanuts, nuts/legumes, soybeans, walnuts, bananas, and watermelon.

Vitamin C is one of the most important antioxidants. It is very effective at cleaning up molecules that damage cells and tissues. (Cont. on next page)

Vitamin C has been studied for cancer prevention and for effects on immunity, heart disease, cataracts and a range of other conditions. Although vitamin C cannot cure the common cold, supplements of 1,000 mg per day have been found to decrease the duration and **severity** of symptoms.

In people with HIV, there is some evidence that vitamin C can inhibit **replication** of the virus in test-tube experiments, but it is unclear what this means in the human body. The most important benefit for people with HIV is the widespread **antioxidant** action of vitamin C. The daily experimental high dose is between 500 mg and **2,000 mg**, the upper tolerable limit. Vitamin C is available in abundance in bell peppers, broccoli, tomatoes, strawberries, oranges/orange juice, grapefruit,

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tomatoes, Brussels sprouts, cabbage, collard greens, turnip greens, spinach, potatoes, melon, berries, papayas, romaine lettuce, **wheatgrass**, sprouts and watercress.

Calcium – You can get Calcium from food but if you need additional you can also take supplements. Make sure, as with all supplements that you take high quality, preferably **vegan** supplements. If you take supplements then take them with food and spread them over several meals for better absorption. Calcium carbonate is the most common form of supplement and the most **concentrated**, which means fewer pills to take. However, some people find it constipating and bloating. Calcium citrate may be more easily absorbed and tolerated. In recent years, low bone mass and density, called osteopenia or **osteoporosis**, has become a widespread problem among people with HIV. Osteopenia is an early stage of bone mineral loss in which the bones become less dense and weaker. This **condition** does not cause pain or limit movement and is usually treated with diet and exercise rather than medications. Osteoporosis, the more advanced form of the disease, results in fragile **bones** that can fracture easily. The fracture causes pain, limits movement and reduces quality of life. Note that osteoporosis medications may not be suitable for all people, especially women of childbearing age. It can be treated with diet and **exercise**. Calcium can be found in broccoli, green leafy vegetables (such as kale, bok choy, collard and turnip greens), tofu, blackstrap molasses, chickpeas, many beans, sesame seeds, sunflower seeds, almonds, flax seeds, brazil nuts, dried figs and dried fruit.

Vitamin D is emerging as a very important nutrient, with more diverse functions than just its traditional role in calcium **metabolism**. Vitamin D is found in some foods,

but these sources generally do not provide enough vitamin D on a daily basis. Also, people who live in northern **climates** probably do not get enough sun exposure to make adequate vitamin D. And the use of sunscreen blocks the skin's ability to make vitamin D. For people with HIV, sublingual vitamin D supplements are a sure way to get the recommended daily allowance. Look for **vitamin D3**; it is the active form of the vitamin.

Vitamin E has been used as an antioxidant. Vitamin E deficiency is associated with faster HIV disease progression. People with poor fat absorption or **malnutrition** are more at risk of being deficient in vitamin E. Use supplements from natural sources and those with "mixed **tocopherols**" for better effect. Vitamin E can be found in safflower/vegetable oils, sunflower seeds, raw wheat germ, nuts, peanuts, green leafy vegetables, whole wheat flour, whole grains and spinach.

Iron will help to treat iron-deficiency anemia (low levels of red blood cells) and as in any other addition to your diet, should be taken after your meals. Iron-deficiency **anemia** is diagnosed indication of a low hemoglobin level in the blood. This can be confusing in someone on HAART because some anti-HIV drugs, especially AZT, can cause low hemoglobin levels. There are other blood tests that can help determine whether there really is an iron **deficiency**. The important point is to avoid high doses of iron unless they are recommended by a health care professional. Iron is a **pro-oxidant** (the opposite of an antioxidant), which means it can damage different tissues in the body. Iron can be found in green leafy vegetables and sea vegetables, legumes/beans, nuts and seeds, blackstrap molasses, dried fruits, watermelon, prune juice, spinach, cereals, whole grains. Iron is **absorbed** more efficiently if you eat food high in vitamin C (e.g. oranges, red peppers)

at the same time.

Magnesium - Several clinical studies suggest that between **30 - 65%** of people with human immunodeficiency virus (HIV) have low levels of magnesium. Magnesium can be found in brown rice, cooked spinach, beans/legumes, almonds/nuts, dried figs, **broccoli**, cooked oatmeal, wheat germ/bran, whole grains, green leafy vegetables and bananas.

Zinc is a critical mineral for the immune system; a deficiency can cause **severe** immune suppression. People with chronic diarrhea, new immigrants from refugee camps and malnourished people with HIV, especially children, are at high risk of having a deficiency. Be aware that **high doses** of zinc supplements in people who are not deficient can decrease immune function. Zinc can be found in **pumpkin** seeds, whole grains/cereals, legumes, lentils, peas, soy foods, nuts, sunflower seeds, wheat germ, yeast, garbanzo beans, raw collard greens, spinach and corn.

Selenium helps regenerate glutathione, the major antioxidant in cells. Studies have shown that low selenium levels in the blood are associated with an increased risk of disease **progression** and death. Deficiency is associated with low CD4+ cells. One small study found that a daily supplement of 200 micrograms might have a positive effect in some people with HIV. Studies of the general **population** suggest that selenium supplementation may provide some protection from cancer. Selenium can be found in brazil nuts, whole grains, kidney beans (depending on the soil they are grown in) and yeast.

Antioxidants are molecules made by the body or found in some foods and supplements, An-

The principles of OPTIMAL NUTRITION for healing the HIV virus are also the same principles that can BOOST your IMMUNE system to PREVENT contracting HIV!!! (Cont.)

tioxidants protect the body by neutralizing other, **unstable** molecules, called free radicals, which are produced during normal cell functioning. Long-term infections such as HIV can upset this balance by causing the body to produce more free **radicals** than usual. In turn, this can lead to a condition known as oxidative stress, in which the body cannot deal with all the free radicals it produces. Oxidative **stress** can cause a lot of damage to cells. Two ways to lessen the effects of oxidative stress are to increase antioxidant intake and to decrease exposure to things that increase oxidative stress, such as pollution and cigarette smoke.

To boost antioxidants:

- Eat lots of colorful fruits and vegetables to get the antioxidants found in the **pigments** and the phytochemicals contained in the whole food. Try to include blue, purple, green, orange, red and yellow foods to get the full complement of **beneficial** substances.
- Black and green tea, mushrooms, and **raw dark** chocolate are also thought to be good sources of antioxidants.
- Antioxidant **supplements** include vitamins C and E, the minerals zinc and selenium, as well as co-enzyme Q10, alpha lipoic acid and N-acetyl cysteine.

Dr. Harold Foster pioneered the use of **selenium** and amino acids, plus antioxidants, for HIV some years ago. In 2003, for instance, he published a study that revealed HIV did not appear to spread as well in populations that have adequate dietary intake of selenium. He later suggested that people eating diets with higher levels of **amino acids** and selenium may be somewhat **protected** from HIV infection, as this "antioxidant defense system" may act as an initial defense against viral infection. He said, "HIV-1 contains a gene that is virtually identical to that which allows humans to produce the enzyme, glutathione peroxidase. As the virus is **replicated**, it begins to seriously compete with

its host for the four nutrients needed to make this **enzyme**, specifically the trace element selenium and the three amino acids, glutamine, cysteine and tryptophan. Inadequate selenium causes the immune system to collapse, the **thyroid** to malfunction and depression to develop.

In research led by Marianna K. Baum at Florida International University in Miami, it was found that supplementation of micronutrients, and especially selenium, significantly **reduce** the advancement of the HIV Virus. "This evidence supports the use of specific micronutrient supplementation as an effective intervention in HIV-infected **adults** in early stages of HIV disease, significantly reducing the **risk** for disease progression in asymptomatic, ART-naive, HIV-infected adults."

Similarly, the **new study** found that HIV-positive people who took B vitamins and vitamins C, E and selenium fared much better than those who did not. Compared to the **placebo** group, those taking both the vitamin and selenium were half as likely to have drops in **CD4** immune cells to levels that would typically be treated with anti-HIV drugs.⁶ Further, those taking the supplement combination were also half as likely to develop or die from AIDS. CD4 cells are essential for the adaptive immune **response** in the body against a wide range of opportunistic infections and are the primary target of HIV infection. CD4 cell count and status therefore represent a **primary** diagnostic marker for the severity of HIV infection and the patient's prognosis. The researchers concluded that the multivitamin-selenium combination, when taken for 24 months, was safe and **significantly** reduced the risk of immune decline and morbidity, noting that it "may be effective when started in the (Cont. on next page) early stages of HIV disease."

Other supplements have been studied and proven to benefit peo-

ple with HIV. These should not be seen as a **replacement** for a healthy diet and lifestyle. Before starting any new supplement, get information from a knowledgeable healthcare professional. Also, it is best to start **only one** new supplement at time, so you can be more aware of any side effects.

Cysteine shortages result in skin problems such as psoriasis and greater susceptibility to infection. Cysteine can be found in many types of nuts, including Brazil nuts and spirulina.

Tryptophan depletion can cause diarrhea, dermatitis, dementia and ultimately death. Tryptophan can be found in spinach, spirulina, broccoli, watercress and turnip greens.

Alpha lipoic acid is a powerful antioxidant made by the body that is used to regenerate glutathione (the major antioxidant in cells) as well as the activated form of vitamins C and E. It also plays an important role in **energy** production in the mitochondria. Lipoic acid is used to treat diabetic **neuropathy** (a nerve condition associated with diabetes) and liver disorders, and it may also have a role in slowing the hardening of the **arteries** (arteriosclerosis). Alpha lipoic acid can be found in flaxseed, hemp and chia seeds.

Carnitine (also known as L-

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carnitine) is a natural substance found in foods and made by the body. It works with the mitochondria to process **fats** and produce energy for the cells. It does this mainly by supplying the building **blocks** needed by the mitochondria to make an energy molecule called ATP, the basic fuel for cells. Most of the research suggests that carnitine has a protective effect on the central and **peripheral** nervous systems and the heart, probably because of its role in mitochondrial function. It may be helpful in the treatment of peripheral neuropathy (**numbness**, tingling or burning in the feet and sometimes hands), dementia and mitochondrial toxicity. Over-the-counter supplements may contain a version of carnitine called acetyl-L-carnitine but beware that some have very little L-carnitine in them; be sure to buy from a reliable **natural** source. Carnitine can be found in avocado, asparagus and beans.

N-acetyl cysteine (NAC), a derivative of the amino acid L-cysteine, is a potent antioxidant that regenerates **glutathione** in the cell. In this role, NAC protects liver cells by decreasing oxidation. Cysteine appears to decline in people with HIV who have low CD4+ cell counts and in those with **wasting**. NAC supplements may be able to replenish low glutathione and improve the antioxidant capacity of cells. Side effects include nausea, vomiting, diarrhea and headache. Broccoli, red pepper and onion are significant sources of cysteine.

L-glutamine is an amino acid that is used to provide fuel for **intestinal** cells, muscle cells and immune cells. It plays an important role in immunity because it helps to maintain the intestinal barrier and is a preferred fuel for various cells of the **immune** system. Glutamine levels decline during periods of physiological stress like opportunistic infection, surgery, burn and cancer. It may have a therapeutic role in treating intestinal disease and wasting, and some

people with HIV have found it to be a good treatment for **chronic** diarrhea. Glutamine deficiency leads to muscle wasting and diarrhea. Glutamine can be found in legumes such as beans, peas and lentils, spinach, kale, parsley, cabbage, beets carrots and Brussels sprouts.

Probiotics are live organisms, including the bacteria Lactobacillus and Bifidobacterium species and yeasts. They help build a healthy population of good **bacteria** (microflora) in the intestines. Microflora keep the gut healthy by preventing the growth of disease-causing bacteria and maintaining the **intestinal** barrier. Probiotic supplements are helpful after a course of antibiotics because they replace the microflora that were damaged by the antibiotic. Probiotics may also reduce chronic diarrhea and improve symptoms of **irritable bowel syndrome**.

HIV **damages** the gastrointestinal tract, where about **80 percent** of the immune system lives. Research published in the Journal of Clinical Investigation in February 2013 suggests that probiotics may help to lower risks of infection and inflammation in HIV patients and even enhanced gastrointestinal immune function. Maintaining optimal gut flora, and "reseed" your gut with **fermented** foods and probiotics may therefore be one of the most important steps you can take to improve your health if you have HIV (or any other chronic disease). Even healthy people should strive to optimize their **gut flora** in this way. It's worth noting that each mouthful of fermented food can provide trillions of beneficial bacteria—far more than you can get from a probiotics supplement, which will typically provide you with **colony-forming** units in the billions.

Coenzyme Q10 (CoQ10) is a substance that plays a role as an antioxidant as well as a cofactor in (Cont. on next page) mitochondrial energy production. It has been used to treat **congestive**

heart failure and gum disease (gingivitis) and may help protect the heart and nerves. CoQ10 can be found in spinach, broccoli, and cauliflower, legumes.

Compound Q (Trichosanthes kirilowii) - This compound may reduce HIV activity, as reported in AIDS Treatment News and Time magazine. The formula consists of the purified **extract** of Chinese cucumber, a herb used in Chinese medicine for more than 2,000 years. It appears that Compound Q's protein extracts kill HIV-infected T-cells but leave healthy cells **unharm**ed. Studies show that the extracts stymie HIV replication in infected T-cells and kill HIV-infected macrophages in cell cultures.

Glutathione - This enzyme helps to combat **free radicals** and prevent the cellular damage and disease these molecules can cause. People who are HIV-positive but symptom-free may have a glutathione deficiency, according to a study of in vitro **cultures** of HIV-infected cells by David H. Baker, PhD. Dr. Baker's work suggests that glutathione, vitamin C, and other anti-oxidants may be needed to **control** HIV activity. Nutrients that can help correct a glutathione deficit include N.A.C., selenium, and vitamin C. Selenium is the "cofactor" mineral of glutathione - without this trace mineral, the **enzyme** cannot function efficiently as an anti-oxidant. And according to Dr. Christopher Calpai, when glutathione is combined with vitamin C in an intravenous protocol, a patient's comfort, attitude, and well-being may improve significantly.

Herbal medicine

The first medicines ever used were derived from **plants**. Many people in many cultures around the globe use medicinal herbs. Herbal medicine is also known as **botanical**

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medicine.

Herbalists, doctors of Chinese medicine, naturopaths, homeopaths, aroma therapists and Ayurvedic doctors use herbal medicines. If you're thinking about taking herbal treatments, it's useful to consult one of these healthcare professionals to find out which herbs are best for you and what dosages would be effective and safe. Practitioners experienced in treating HIV-positive people may also be able to warn you of possible interactions with prescription drugs you are taking. It's wise to find out about possible interactions before starting an herbal treatment.

Some herbs sold as "immune boosters" may be harmful to people with HIV. Some immune boosting herbs may stimulate parts of your immune system that are already overactive while weakening other parts. Ask a naturopath or herbalist, or do your own reading to find out how various herbs may be helpful for you. Some of the herbs that have produced results for those with HIV are: Eleuthero, Garlic, Maitake, Mistletoe, Reishi, Shiitake, St. John's wort, Tea tree oil, Turmeric, Andrographis, Asian ginseng, Bupleurum (in combination with peony root, pinellia root, cassia bark, ginger root, jujube fruit, Asian ginseng root, Asian scullcap root, and licorice root.), Cat's claw, Echinacea, Boxwood, Licorice, Sangre de Drago (for HIV-associated diarrhea).

Saint-John's-wort (Hypericum perforatum): This plant has two potent antiviral chemicals that prevent the spread of retroviruses in vitro and in vivo, according to studies by Daniel Meruelo and colleagues at the New York University Medical Center. Saint John's-wort is available worldwide, and the extraction and purification of the compounds is a relatively simple and inexpensive process.

Neem Leaf - Neem leaf has also been found to increase CD4, which plays a key role in your body's ability to fight off infections.

Circumin - This extract of turmeric is a known anti-inflammatory. A 2008 Study at the Department of Gastroenterology, Kaiser Permanente Los Angeles Medical Centre in Los Angeles showed circumin therapy to resolve diarrhea, promote weight gain, and reduce bloating and inflammation in HIV patients.

Cinnamomum zeylanicum - The plant used for most of the cinnamon in the world, was shown to improve the condition of thrush, a yeast infection of the mucus membrane lining the mouth and tongue also known as oral candidiasis, in a study conducted at the Department of Medicine, Department of Veterans Affairs Medical Center in Brooklyn, NY.

Green Tea - Dr. Kuzushige Kawai at the University of Tokyo has conducted tests that show that a chemical in green tea - EGCG - prevents HIV from replicating, and may even cause the HIV virus to die off. However, the EGCG levels in the tests are much higher than the levels in the green we buy at stores.

Licorice - the Main ingredient, glycyrrhizin, has been shown to slow the progression of HIV in people with no visible symptoms and detoxifies the liver. Large amount of Licorice may have side effects, including impotence.

Panax Ginseng - This herbal root stimulates the immune system.

Nigella Sativa, also known as 'black seed,' has been studied for a wide range of health benefits, but not until recently was it discovered to hold promise as a curative agent against potentially lethal viral infections, including Hepatitis C [i] and now HIV. A case study published in August of 2013 in the African Journal of Traditional, Complementary, and Alternative Medicine, (pubmed: 24311845), described an HIV patient who after undergoing

treatment with a black seed extract experienced a complete recovery, with no detectable HIV virus or antibodies against HIV in their blood serum, both during and long after the therapy ended. "This case report reflects the fact that there are possible therapeutic agents in Nigella sativa that may effectively control HIV infection."

Astragalus (Astragalus mem-braceus) - The Chinese have used this plant for centuries for its potent immune-building properties. Astragalus can help correct a T-cell deficiency, promote antiviral activity, and normalize the immune function in AIDS and cancer patients.

At the Institute for Traditional Medicine in Portland, Oregon, 20 people participated in a treatment program that included Astragalus. Most of the symptoms of ARC (AIDS-related complex) disappeared in the patients, and they significantly reduced their use of antibiotics. One group of researchers concluded, "American scientists and doctors would do well to consider natural products like Astragalus - which has no known toxicity of its own - for reducing the toxicity of chemotherapy and other pharmaceutical agents."

DASM (dehydroandrographolide succinic

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acid monoester) - DASM has been shown to block HIV in vitro. The **compound** comes from another Chinese herb, *Andrographis paniculata*, which Chinese doctors use in the treatment for hepatitis, meningitis, and other acute **inflammatory** conditions, according to Dr. R. Chang and colleagues. DASM also makes a big difference in the quality of life for AIDS sufferers by stopping HIV related diarrhea and normalizing absorption, so they can increase energy and stabilize weight.

Citrus-seed extracts - Seed extracts from oranges, lemons, limes, and grapefruits function as nontoxic **antibiotics**. Jacob Harish, an immunologist and Nobel laureate, discovered that the seeds have tremendous antimicrobial properties. They can fight off many types of **invaders** due to their antiviral, antibacterial, and antifungal qualities. So if the exact invader is not known, these extracts may be particularly useful. Citrus seeds also combat giardiasis, trichomoniasis, and other bacterial and protozoal infections. This is an important property, since one AIDS theory holds that **protozoal** infections initiate HIV and other AIDS-related viruses.

Bitter Melon (*Momordica charantia*) is a plant/fruit that belongs to the family cucurbitacea. Chinese cucumber, the plant/fruit from which compound Q (a.k.a. GLQ 223 and tricosanthin) is extracted, also belongs to this family. Bitter melon, also known as **bitter gourd**, bitter pear melon, karela, ampalaya, balsam pear, bitter apple, wild cucumber, cindeamor, carilla plant, African cucumber, margose, concombres African, and the herbs Kuguazi (China) and Karela (Pakistan), is **common** in Asia as well as in Southern California and southern Florida. In 1990, a research team led by Sylvia Le-Huang of New York University School of Medicine, Hao-Chia Chen at the National Institutes of Health, and Hsiang-Fu Kung at

National Cancer Institute isolated a protein, MAP 30, from bitter melon and found it has **multiple** functions that are responsible for its anti-HIV activity. Last year, they reported the finding that the MAP protein is able to **inhibit** HIV-1 integrase, an enzyme essential for gene expression of the virus.

Complementary and alternative medicine (**CAM**) usually emphasizes the importance of linking the various dimensions of an individual, including the mental, physical, **emotional**, sexual and spiritual. Complementary and alternative medicine attempts to heal on various levels, and explore root causes instead of just dealing with symptoms.

Complementary and alternative medicine takes time to bring successful results. It involves making daily effort to improve dietary intake, **exercising** often, practicing meditation, etc. Complementary and alternative medicine is a not a quick fix for ailing health and it IS a path that may allow for a healing from the inside out, getting to all of the sources of **condition** or disease so that you body can begin healing itself. These are some (Cont. on next page)

alternative types of treatments and medicines:

Ayurvedic medicine - Ayurvedic medicine is a medical system that comes from India and is more than 5,000 years old. It is the oldest recorded medical system. In Sanskrit, "ayur" means **life** and "veda" means knowledge or **science**, so Ayurveda means the science of life. Ayurvedic medicine uses natural healing methods like nutrition, herbs, exercise, massage, yoga and meditation to bring your body to a healthy state.

Homeopathy - Homeopathy is a system of medicine that began in Europe about 200 years ago. It is based on the principle that "like cures like." This means that your symptoms are **treated** with small

doses of a medicine that would cause those symptoms if a full dose were given.

Aromatherapy - Aromatherapy is a branch of herbal medicine that uses the medicinal properties found in the oils of various **plants**. The oils are extracted from the flowers, leaves, branches or roots. The oils can be breathed in directly, added to **bathwater**, or warmed to produce an aroma. Aromatherapy can enhance a guided visualization or a massage.

Massage and touch therapies - There are many types of massage and touch therapies. Some involve light superficial touch and some massages go deep into tissue. Massage and touch therapies **relieve** stress and give you a sense of well being. They can relax your body and may improve the circulation of your **blood** and other body fluids. Massage therapists sometimes use oils, aromatherapy and/or lotions. Specific types of massage and touch therapies often used by people with HIV include **reflexology**, therapeutic touch, reiki, shiatsu, Trager, Bowen technique, osteopathy and chiropractic.

Naturopathy - The word naturopathy comes from Greek and means "a natural way to relieve suffering." Naturopathic practitioners, called naturopaths, see symptoms as your body's attempt to restore **balance**. They use a holistic approach to healing that can include herbal medicine, nutrition, supplements, homeopathy, Traditional Chinese medicine, chiropractic (spinal manipulation), massage and counseling.

North American Aboriginal healing traditions - The Aboriginal peoples of Canada include First Nations, Inuit/Innu and Métis, all of who have different **healing** traditions, but who share many common ideas, beliefs and images.

The principles of OPTIMAL NUTRITION for healing the HIV virus are also the same principles that can BOOST your IMMUNE system to PREVENT contracting HIV!!! (Cont.)

These include: sharing and healing circles, traditional ceremonies, elders, traditional medicines, feasts and gatherings. Aboriginal healing traditions attempt to balance the four parts of the person: the physical, **mental**, emotional and spiritual. It is believed that illness is not necessarily a bad thing, but is rather a sign sent by the Creator in order to help people re-evaluate their lives.

Traditional Chinese medicine -

Traditional Chinese medicine sees illness as an imbalance in your body's energy flow. Traditional Chinese medicine is a complete, integrated system of **healing**. The energy, known as chi or qi, moves along invisible pathways in your body called **meridians**. Meridians connect your body's organ systems to each other and to pressure points. Techniques for Traditional Chinese medicine include acupuncture, herbs, exercises such as Tai Chi and **qi gong**, and nutrition to bring the body to a healthy state. TCM's most important role in this regard is to **promote** immunity, to treat the side effects of conventional medications, and to provide adjuvant therapy to the conventional treatment of opportunistic infections and disorders that arise. TCM also may be used to reduce **stress** and anxiety in infected patients.

Regular **exercise** will counteract stress and help keep you healthy, but don't overdo it. A daily morning walk is a good idea. Weight lifting helps to **maintain** muscle mass. Some other forms of exercise that could benefit you include:

Yoga - Yoga uses deep breathing, stretching, the holding of postures, meditation techniques and a diet of pure foods to establish a balance between body and mind and give you better **control** of your muscle systems, including your digestive system. Many people living with HIV report improved quality of life, more **energy** and less fatigue with regular yoga practice. Studies in Spain, India, Germany, and Africa have shown yoga can slow progression of AIDS. **improve** mental

health, body image, and even help prevent spread of the virus. Yoga is quickly gaining ground as an important complementary therapy in the **treatment** of HIV and AIDS because of its adaptability and its physiological and psychological benefits.

Tai Chi - Tai Chi is a Chinese (Cont. on next page)

martial art involving a series of slow, **rhythmic** movements. This relaxing exercise tones your muscles, improves your posture, breathing and circulation, and increases your energy, strength and stamina.

Qi Gong - Qi Gong has repeatedly demonstrated a role in strengthening the immune system, fighting fatigue, and inducing a sense of well-being. It is therefore an important **adjuvant** modality for patients diagnosed with HIV /AIDS.

Get proper sleep! Be it the stress from fear or worry; the discomfort of soaking night sweats or other HIV related pains or **discomforts**, or the effects of HIV medications, at one time or another sleep may not come easy. For most it's a short-lived problem; resolving on its own in short order. For others, it's a chronic problem that can slowly chip away at a person's sanity. People living with HIV are **commonly troubled** by sleep problems. Sleep is vital to our health and well being: It can help regulate our hormones, reduce stress, manage our weight and improve immune function, which is of the utmost **importance** to those living with HIV. As many of us know all too well, a lack of sleep can impair our memory, affect our ability to focus, deprive us of energy and leave us more **susceptible** to infection. Over time, lack of sleep can lead to depression and anxiety, which can make it even harder to sleep. Throughout the night your body **experiences** several sleep cycles, with each successive cycle having a longer REM stage. It's during the REM stage that your body gets the recupera-

tive sleep it needs. Become a **student of sleep** ... there has been a lot of research done about sleep that provide proven recommendations about how to **choose effective sleep practices** and to train your body to sleep. Make sure you work with a healthcare provider/advanced nutritionist who can help you nutritionally with your sleep also. I highly **recommend** that people go natural and avoid adding more meds/chemicals to their body. This is **particularly** important for someone with HIV as more chemicals just provide more opportunities for **unwanted** side effects for the body to deal with.

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I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- My passion for **spirituality**.
- My passion for our **earth/environment/plants/animals** and the future of them/us all.
- My passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our community (and our world)

in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a **NEW GLOBAL VISION** and maybe even questioning all our belief systems.

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HEALING and PREVENTING HIV through EMOTIONAL, MENTAL and SPIRITUAL Balance!!!

How we think and feel impacts our susceptibility to HIV and how powerfully we can **recover**. Studies show that people with a history of trauma or depressive **disorders** are more likely to become HIV+. Once a person has contracted HIV, their mental, emotional and spiritual **wellness** will have a direct impact on both their body's immune system and their quality of life. Their emotional wellbeing will even affect the growth rate of the virus.

Mental and emotional health problems can **strike** anybody, but people with HIV are more likely to experience a range of mental health issues. Most common are feelings of acute emotional distress, depression, and **anxiety**, which can often accompany adverse life-events. HIV also can directly infect the brain, causing impairment to memory and thinking. In addition, some anti-HIV drugs can have mental health side effects.

Receiving an HIV **diagnosis** can produce strong emotional reactions. Initial feelings of shock and denial can turn to fear, worry, shame, guilt, anger, sadness, disconnectedness, loneliness and a sense of hopelessness. Some people even have suicidal thoughts. It is understandable that one might feel **helpless** and fear illness, disability, and even death.

Direct or indirect effects of the HIV virus can affect brain functioning. Some medications used to treat HIV infection also can cause similar **complications**. In people with HIV infection or AIDS, these complications can have a significant impact on daily functioning and greatly diminish quality of life. More than half of HIV-positive patients do experience some form of **neurologic** dysfunction ranging from mild to very severe. The most typical of these disorders is MCMD (minor cognitive motor disorder), characterized by mild impairment, which may totally escape detection. MCMD does not necessarily progress to dementia. A more serious form is HAD (HIV-associated dementia), which includes cogni-

tive **dysfunction** (problems with concentration, memory, and attention), declining motor performance (strength, dexterity, coordination), and behavioral changes. Both MCMD and HAD are **diagnoses** of exclusion, meaning other potential causes such as substance abuse or medication must be ruled out. Recent studies indicate that the risk of **dementia** related to cerebral atrophy may be associated with the CD4 nadir (the lowest point) rather than current CD4 levels. While there are no **specific** treatments, interventions, such as structured routines, memory aids, and good nutrition, may greatly reduce symptoms. Other HIV-related neurologic disorders include encephalitis, meningitis, neuropathy, and the very rare but lethal PML (progressive multifocal leukoencephalopathy).

Major depressive disorder (MDD) creates a **pervasive** low mood, which inhibits the ability to experience pleasure. It has prevalence as high as 36% among individuals living with HIV. People experiencing depression may be preoccupied with thoughts or feelings of worthlessness, **regret**, hopelessness, and despair. A second, milder type of depression called dysthymia, in which symptoms are chronic but less severe than with major depressive disorder, is also prevalent.

Depressive **disorders** are frequently difficult to diagnose because their broad cluster of symptoms (increased or decreased sleep and/or appetite, low mood, low energy, etc.) can also occur as a result of HIV itself, various opportunistic infections, or co-morbidities such as hepatitis C. If undiagnosed, major depressive disorder can lead either to an increased risk of HIV transmission, or among those already positive, a lack of adherence to HIV medication regimens or **relapse** of substance abuse.

Anxiety, stress, and depression also increase levels of the hor-

mone **cortisol**. Cheryl Koopman, Ph.D., an associate professor in the Department of Psychiatry and Behavioral Sciences at Stanford University, who specializes in HIV/AIDS, says "We know too much cortisol is **harmful** to people with HIV infection," she says, adding that "while everyone has stresses in their lives, people with HIV tend to have additional stress like discrimination, disclosure, racism, homophobia. These kinds of **stresses** are associated with subgroups that are more likely to have HIV." Koopman also points out that elevated cortisol levels impair the immune system and notes that a 1998 study published in the Journal of the Association of Nurses in AIDS Care indicates that higher levels of cortisol may even increase **replication** of the HIV virus.

Research at the University of California, San Francisco, has shown a clear link between stress and **reduced** immune system function; stress can interfere with appetite, sleep patterns, and other factors that are important for staying healthy. Jon Kaiser, M.D., a San Francisco HIV specialist and author of **Healing HIV: How to Rebuild Your Immune System**, said "Healing comes from inside. That's why I strongly recommend that

(Cont. on next page) patients with HIV take time each day to practice deep relaxation. **Yoga** quiets the mind, improves breathing and circulation, and reduces stress. Daily **practice** can help support the immune system in conjunction with a comprehensive HIV treatment program." Other daily practices that can enhance deep **relaxation** and quiet the mind include meditation, visualization and Qi Gong.

The follow are strategies to bring emotional, mental and spiritual balance to your life that will assist in both preventing and healing HIV:

HEALING and PREVENTING HIV through EMOTIONAL, MENTAL and SPIRITUAL Balance!!! (Cont.)

Identify and express your feelings - Living with HIV produces a number of negative emotions which must be identified and released. Whether at the **initial** diagnosis, when making the decision to begin meds, or during a medical setback, an emotional process ensues which can include a swirl of anger, denial, and sadness. Because holding on to these feelings **aggravates** both physical and mental conditions, it is important to find ways to release them through verbal expression, physical exercise, creative endeavors, or any other means possible.

Maintain social support - HIV, in many cases, creates increased isolation and loneliness. Physical mobility, feeling ill, shame, and depression can all contribute to a withdrawal from society. It is critical to fight the urge to isolate and to **re-establish** connections with others. Social contact promotes healing at a number of levels and benefits not only the individual, but everyone they come in contact with.

Live consciously - Each of us needs emotional nourishment to heal. Many people derive strength from their spiritual life. Others find that nature, or work in the **garden**, or playing with their pet can ground them and re-establish emotional balance. Maintaining an awareness of our inner thoughts and feelings **assists** us in overcoming stigma, shame, and other negative emotions, and in expanding our connection with others and our role in a larger healing community.

Practice daily self-care - Daily healthy routines are not only beneficial in and of themselves, but they subtly affirm our inner sense of value and worth. A healthy diet, adequate sleep, and physical exercise all contribute enormously to **mental** health. Remaining focused on the present and not letting our thoughts drift too frequently into the past or the future can greatly reduce stress. If negative **emotions** take hold, a simple act,

such as creating a list of things for which we are grateful, can often bring us back into balance. Any actions that reinforce personal **empowerment** are beneficial for our health and our emotions.

The physical, mental, emotional, and spiritual aspects of ourselves are interconnected and essentially determine who we are as human **beings**. Caring for our spiritual selves, therefore, is just as important as monitoring CD4+ counts and **viral load**. Customarily, spirituality affects our physical health as much as medications, proper nutrition and exercise. Likewise, our wellness -- not only our mental and emotional wellness, but also our physical health -- is an indicator of our **spirituality**. Many studies have proven that people who are spiritually grounded generally live longer and have improved quality of life. In addition, studies have shown that people who are spiritually **centered** have less stress in their daily lives (which benefits the immune system), are happier and less likely to be depressed, and tend to develop stronger social support networks; and studies have shown that people living with HIV who have **strong** support systems live longer, healthier lives. Ultimately, everyone benefits from spiritual involvement.

While spirituality has **measurable** outcomes -- such as our physical well being -- it is not an isolated task; rather, it is a process. Spirituality is a personal journey, and the therapeutic **value** comes in the journey itself. Each journey begins with taking the next step/action from where you are now.

Living with HIV creates **challenges** to mental health that cannot be underestimated; yet the power to create positive feelings, healthy relationships, and an inner sense of peace lies within everyone. When emotional **balance** is maintained, HIV can remain just one piece of the rich emotional mosaic of life.

We can maintain **optimal** health through a Balanced Raw Vegan Living Foods diet, and practices that include managing our stress, meditation and prayer, yoga, QiQong, exercise, connecting to nature, journaling, and time alone to **nurture** and love your self. These practices will give YOU the BIGGEST chance to CREATE not only OPTIMAL wellness, but also add Holistic **balance** to your life such that your WHOLE SELF can thrive as it was DESIGNED to do!!

I am **inviting** you to take on these practices with me, and I am inviting you to give yourself the gift of thriving and absolute wellness the way that our body as the **temple** of our minds, souls, and hearts was designed to have, if we gift ourselves the right ingredients and the right conditions for this robust wellness that most of us don't let ourselves experience.