

AIDs

AIDs can now be successfully treated by retroviral drugs which is a huge medical advance. However these drugs need to be taken continuously and give rise to side-effects. It is worth knowing that other treatments can be beneficial.

Certain nutrients can rapidly reverse the symptoms of AIDs. The most important of these are selenium, cysteine, tryptophan and glutamine. These are needed for the production of the strongly anti-viral enzyme glutathione peroxidase. But this is not all. HIV can produce an analogue of glutathione peroxidase. By doing this it depletes these critical nutrients allowing HIV to replicate more efficiently. Basically the host and the virus compete for these nutrients. Selenium is probably the most important supplement and areas of Africa with soil rich in this nutrient (such as Senegal) have low rates of AIDs. Those with selenium deficiency are twenty times more likely to die of AIDS (and this is a simple thing to correct).

The importance of these nutrients was discovered by Dr Harold Foster and explained in his book "What really causes AIDS"

It has been known for many years that supplements help AIDs. A Johns Hopkins study by Tang in 1993 found supplements could reduce or halt AIDS. A Harvard study by Fawzi in 2004 found supplements slowed the progression of AIDs by the same 50%. A 2013 study published in the Journal of the American Medical Association found using a supplement containing multivitamins and selenium significantly reduced the risk of immune decline and morbidity. However few patients or doctors are aware of these studies.

Harold Foster produced a supplement containing selenium, tryptophan, cysteine and glutamine and did small trials in Africa with 77% of patients improving. Sometimes recoveries were dramatic and life-saving.

Other nutrients are important in AIDs. Dr Joan Priestley found using Vitamin C up to bowel tolerance (when mild diarrhoea occurs) -usually 15 to 18 grams daily – was highly beneficial. She also found the bioflavonoid quercetin blocks the HIV virus in a similar way to AZT without any of its side effects. Selenium at a dose of 400mcg daily is beneficial, as is garlic.

With AIDs it is essential to monitor the viral load and find if the treatment is being effective.

