Don’t Run

May 1, 2005

Since 1998, my HIV combo has included Viracept—and I’ve battled the runs. But last year, I slowed them by greeting each morning with a smoothie starring the amino acid L-glutamine. My favorite supplement, L-glutamine vanquishes all kinds of diarrhea, making my life with HIV run a lot more, well, smoothly. I swirl together a nutritious brew: nonfat yogurt, organic fruit (bananas and apples work best) and juice, whey protein, dark maple syrup, canola oil (a good fat) and L-glutamine powder. When I don’t have time for a smoothie, L-glutamine blends nicely with any juice. If I skip the stuff for a few days, I go skipping back to the commode.

—Michael Connidis,
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