Eat It, Beat It

Nutritional AIDS video on the mark

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Proving once and for all that our mother's nagging that we eat our veggies was life-saving advice, a new video from not-for-profit Lifeforce, *The HIV+ Survival Guide: Diet for Living in the Age of AIDS*, confirms it with style.

Citing a lack of proper nutrition as one of the leading causes of HIV progression into AIDS, the video guides us through a step-by-step program to avoid malnutrition and build a foundation for optimum health.

The MTV-influenced video offers concise directions on which foods to avoid, which foods to consume and the best ways to shop and prepare those foods. *The HIV+ Survival Guide* might very well prove to be a wise choice for those looking for healthy ways to devour AIDS.

Even mom would approve.

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