Juiced

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After 24 years of living with HIV, I know that I can’t rely on drugs alone—vital as they are. I have to help out with healthy habits. And meds, while suppressing HIV, can do their own damage to my body’s cells. Chasing down vitamins and antioxidants—which protect cells—I tried a juice from the mangosteen, a purplish, tangerine-size fruit from Southeast Asia. About three daily ounces of this brew (it tastes sort of like a tropical bouquet) boast more antioxidants than any other juice I’ve been able to find. This centuries-old folk remedy isn’t cheap: My main squeeze costs a hefty $20 to $25 per 25-ounce bottle online or at a health food store. To me, it’s worth every drop.

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