



# What's The Alternative?

April 1, 2000 By Laura Whitehorn

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Some sources are treasure-troves, others sound like snake-oil salesmen. Our red-ribbon panel lists its faves.

## Books

***Healing HIV: How to Rebuild Your Immune System***, by Jon Kaiser, MD.  
(Healthfirst Press/Mill Valley, CA), \$19.95

***You Don't Have to Die: Unraveling the AIDS Myth***, by Leon Haitow, ND, DO,  
and James Strohecker with The Burton Goldberg Group. (Future Medicine Publishing/Puyallup,  
Washington), \$14.95

***Nutrition and HIV: A New Model for Treatment***, by Mary Romeyn, MD. (Jossey- Bass Inc.  
Publishers/San Francisco), \$20

***The HIV Wellness Sourcebook: An East-West Guide to Living Well with HIV/ AIDS***, by  
Misha Ruth Cohen, OMD, LAC, with Kalia Doner. (Henry Holt/ New York), \$14.95

***Encyclopedia of Nutritional Supplements***, by Michael Murray, ND. (Prima Publishing/Rocklin,  
CA), \$19.95

***Prescription for Nutritional Healing A-To-Z Guide to Supplements*** by James F. Balch, MD,  
and Phyllis A. Balch. (Avery Publishing Group/East Rutherford, New Jersey), \$19.95

## Newsletters

### **AIDS Treatment News**

P.O. Box 411256  
San Francisco, CA 94141  
415.255.0588

### **CATIE (Community AIDS Treatment Info Exchange) Treatment Update (also publishes fact sheets)**

420-517 College St.  
Toronto, ON M6G4A2

Canada  
416.944.1916  
800.263.1638

#### Websites

Buyers club sites offer treatment information and fact sheets:

#### **Direct Access Alternative**

Information Resources  
[www.daair.org](http://www.daair.org)

#### **Boston Buyers Club**

[www.vitatime.com](http://www.vitatime.com)

#### **Houston Buyers Club**

[www.houstonbuyersclub.com](http://www.houstonbuyersclub.com)

Other good alternative info—plus, these provide links to more:

#### **The New Mexico AIDS InfoNet**

[www.aidsinfonet.org](http://www.aidsinfonet.org)

Click on Fact Sheets. This site includes Native American healing methods.

#### **The Body**

[www.thebody.com/treat/altern.html](http://www.thebody.com/treat/altern.html)

#### **Critical Path AIDS Project**

[www.critpath.org/alt.htm](http://www.critpath.org/alt.htm)

Includes a resource guide for alternative health care on the Internet.

#### **American Botanical Council**

[www.herbalgram.org](http://www.herbalgram.org)

#### **Herb Research Foundation**

[www.herbs.org](http://www.herbs.org)

#### **Medibolics**

[www.medibolics.com](http://www.medibolics.com)

Puts together the lipodystrophy-steroids-vitamins puzzle.

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<http://beta.docker.poz.com/article/What-8217-s-The-Alternative-10468-6371>