What’s The Alternative?

April 1, 2000 By Laura Whitehorn

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

Boston Buyers Club
www.vitatime.com

Houston Buyers Club
www.houstonbuyersclub.com

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

The New Mexico AIDS InfoNet
www.aidsinfonet.org
Click on Fact Sheets. This site includes Native American healing methods.

The Body
www.thebody.com/treat/altern.html

Critical Path AIDS Project
www.critpath.org/alt.htm
Includes a resource guide for alternative health care on the Internet.

American Botanical Council
www.herbalgram.org

Herb Research Foundation
www.herbs.org

Medibolics
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