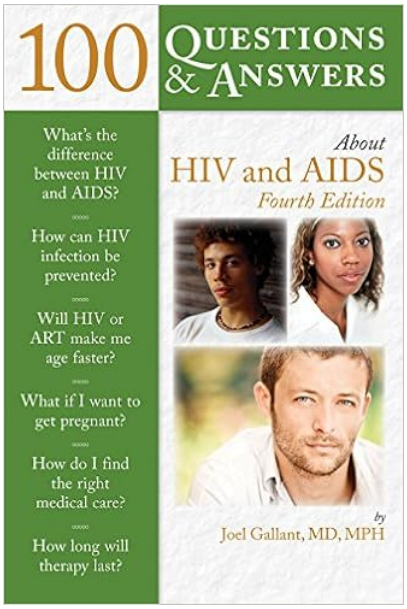
Living With HIV

July 11, 2016

The Living with HIV bookstore feature books that may help you better cope with the virus. Books are listed in alphabetical order by title. Click the title to read more about each book. Missing your favorite book? Click here to send us your recommendations.

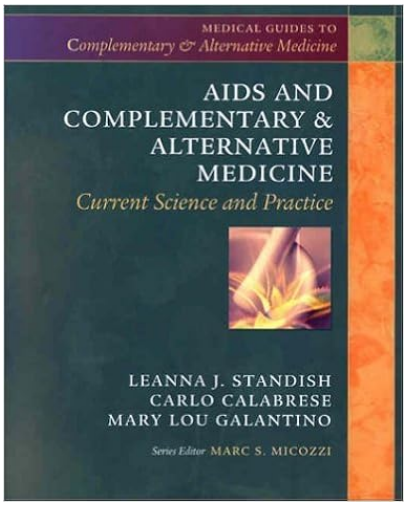
- 100 Questions and Answers About HIV and AIDS
- AIDS and Complementary & Alternative Medicine: Current Science and Practice
- Built to Survive: A Comprehensive Guide to the Medical Use of Anabolic Steroids, Nutrition and Exercise for HIV+ men and women
- The Color of Light: Daily Meditations For All Of Us Living With Aids
- Cooking for Life: A Guide to Nutrition and Food Safety for the HIV-Positive Community
- Cornbread, Fish and Collard Greens:: Prayers, Poems & Affirmations for People Living with HIV/AIDS
- Eating Positive: A Nutrition Guide and Recipe Book for People with HIV/AIDS
- The First Year—HIV: An Essential Guide for the Newly Diagnosed
- The Guide to Living With HIV Infection: Developed at the Johns Hopkins AIDS Clinic
- Healing HIV: How To Rebuild Your Immune System
- The HIV Drug Book
- HIV Essentials 2017
- Living with HIV: A Patient's Guide
- Numb Toes and Aching Soles: Coping with Peripheral Neuropathy
- Nutrition and HIV: A Model for Treatment



100 Questions and Answers About HIV and AIDS
by Joel Gallant, MPH

Whether you're a newly diagnosed patient or a friend or relative of someone suffering from HIV or AIDS, this book can help. Offering both doctor and patient perspectives, 100 Questions & Answers About HIV and AIDS, Fourth Edition provides authoritative and practical answers to the most commonly asked questions by patients and their loved ones. What is the difference between HIV and AIDS? How can HIV infection be prevented? How do I find the right medical care?

Available at amazon

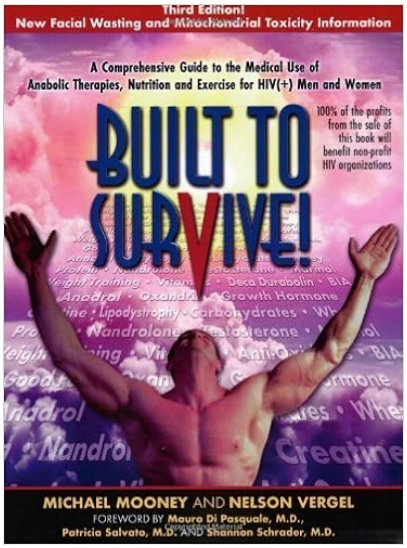


AIDS and Complementary & Alternative Medicine: Current Science and Practice
by Leanna J. Standish ND PhD Lac and Carlo Calabrese ND MPH

This comprehensive resource compiles the latest scientific information relating to complementary and alternative therapies and the treatment of HIV/AIDS. It presents the latest research in the areas of homeopathy, therapeutic touch, manual medicine, nutrition, and movement therapy for people living with HIV/AIDS. The special research challenges that are involved in the scientific

evaluation of complementary and alternative medicines are discussed, and the authors offer new insights into the complex pathogenesis of AIDS. Part of the Medical Guides to Complementary & Alternative Medicine series.

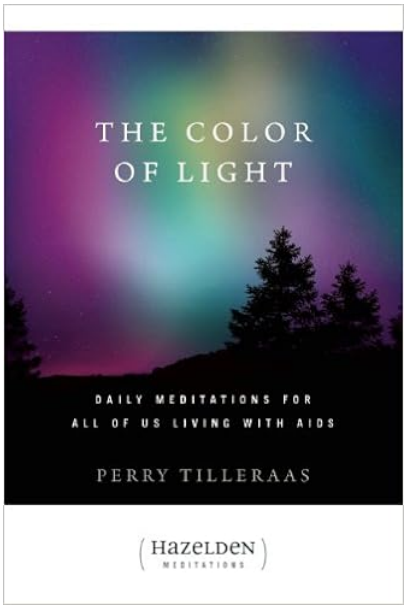
Available at amazon



Built to Survive: A Comprehensive Guide to the Medical Use of Anabolic Steroids, Nutrition and Exercise for HIV+ men and women
by Nelson Vergel and Michael Mooney

With 407 scientific references, this book provides a comprehensive guide to the medical use of anabolic steroids, growth hormone, supplementation, optimal nutrition, and exercise to prevent and treat the loss of lean body mass and body alterations experienced by people with HIV.

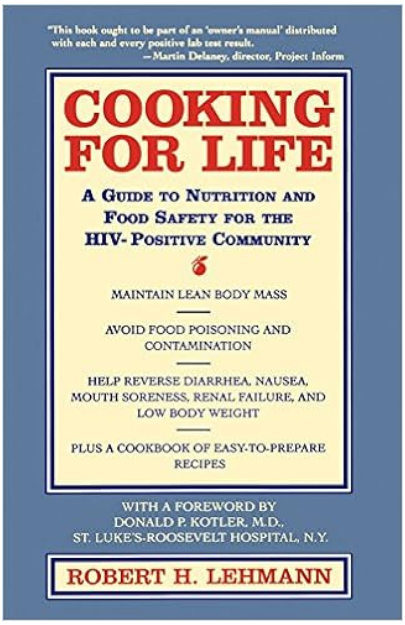
Available at amazon



The Color of Light: Daily Meditations For All Of Us Living With Aids
by Perry Tilleraas and David Spohn

These 366 meditations speak to both the practical and the spiritual journey of living with HIV/AIDS, and demonstrate how to integrate personal values with those offered in chemical dependency recovery and the Twelve Steps.

Available at amazon

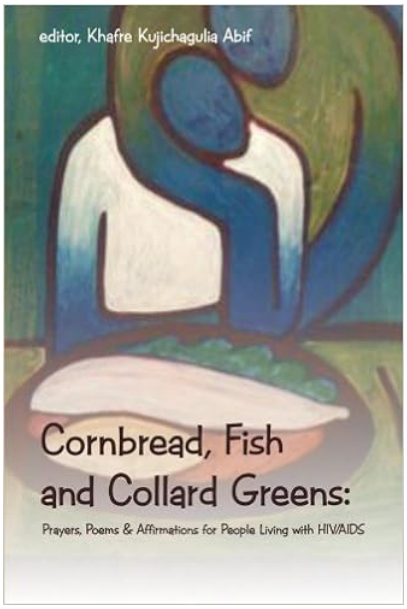


Cooking for Life: A Guide to Nutrition and Food Safety for the HIV-Positive Community
by Robert H. Lehmann

One single factor can have life-or-death importance for someone with HIV: food. The right diet and nutrition can boost the immune system, and most important, maintain lean body mass. Cooking for Life contains all the information you need about one of the safest, most effective, yet underutilized, weapons for staying well.

Find out why food poisoning, even a mild case, is highly dangerous . . . and what steps will protect you at home or while eating out. Discover what liquid nutritional supplements can do for the HIV-positive person . . . and how to make them taste better. Learn how to identify the fundamental components of a sound diet—including soluble and insoluble fiber, complementary and complete proteins, and much more.

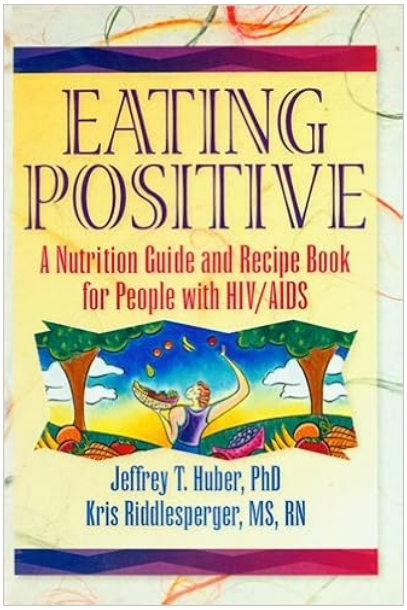
Available at amazon



Cornbread, Fish and Collard Greens:: Prayers, Poems & Affirmations for People Living with HIV/AIDS
by Khafre Kujichagulia Abif

Khafre K. Abif has been thriving with HIV for 24 years, and is a father of two college-aged young men. He holds a master's degree in Library and Information Science from the University of Pittsburgh, and a Bachelor of Arts degree in Africana Studies from the University of Pittsburgh.

Available at amazon

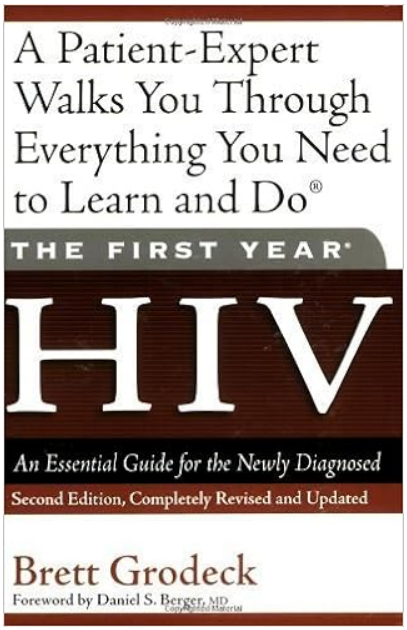


Eating Positive: A Nutrition Guide and Recipe Book for People with HIV/AIDS
by Jeffrey Huber

Proper nutrition is essential to individuals with HIV/AIDS. Yet, it is often difficult to maintain an adequate diet due to a variety of conditions associated with the disease and/or medications used

to alleviate symptoms. Eating Positive: A Nutrition Guide and Recipe Book for People with HIV/AIDS solves this problem with easy-to-follow, enticing recipes that fit a variety of common diet restrictions and specific health needs of individuals with HIV/AIDS. You can use this practical nutrition guide and recipe book to customize diet plans for your patients or for yourself (with a doctor's approval) that provide proper nutrition and satisfy the tastebuds.

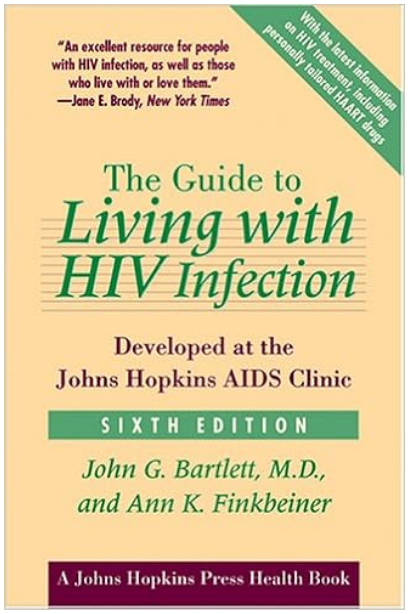
Available at amazon



The First Year—HIV: An Essential Guide for the Newly Diagnosed
by Brett Grodeck

This supportive resource explores the next generation of HIV/AIDS drugs and also includes new research on HIV and crystal meth, as well as new insights for the hardest hit population — African Americans.

Available at amazon



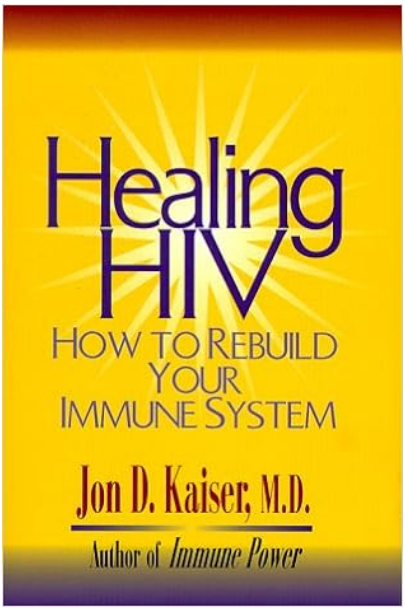
The Guide to Living With HIV Infection: Developed at the Johns Hopkins AIDS Clinic
by John G. Bartlett and Ann K. Finkbeiner

The Guide to Living with HIV Infection is the most complete source of medical, emotional, social, and practical advice available for those infected with HIV and their loved ones. Developed at the Johns Hopkins AIDS Clinic, the guide provides essential information for making decisions about treatment and testing in a world transformed by new research and pharmacotherapy.

In this thoroughly updated sixth edition, Dr. John Bartlett and Ann K. Finkbeiner address the latest information about risks of transmission, viral mutations that confer drug resistance, and new, rapid, HIV testing. They offer guidelines for Highly Active Antiretroviral Therapy (HAART), a therapy protocol that has dramatically increased life expectancy for HIV-positive people. They describe how to follow HAART and when to change drug regimens, the symptoms of and treatments for HAART side effects, and the costs of and insurance coverage for HAART. They also outline the possibilities for a diagnosis of “no detectable virus.”

Accompanied by updated references and resources, the sixth edition of The Guide to Living with HIV Infection offers new hope for people living with a virus that once left no hope at all.

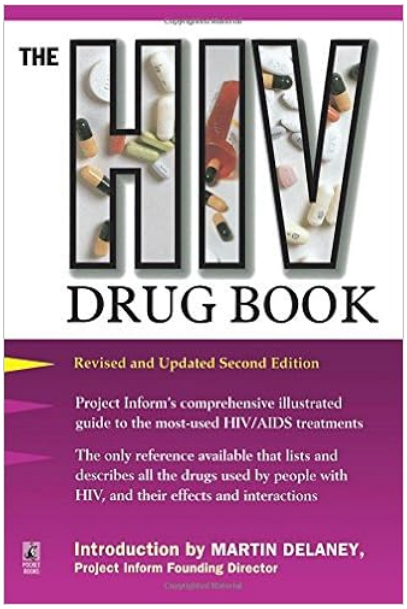
Available at amazon



Healing HIV: How To Rebuild Your Immune System
by Jon D. Kaiser

While its title is a little misleading—HIV can't be "healed" as of yet—and the editors of this web site prefer discussing treatments that undergo rigorous clinical testing, this book by Jon D. Kaiser is considered one of the best on discussing alternative therapies for HIV. It responsibly explores how nontraditional approaches can be combined with current & experimental anti-HIV treatment regimens.

Available at
amazon



The HIV Drug Book
by Project Inform

Project Inform, the nation's leading community-based AIDS treatment information and advocacy

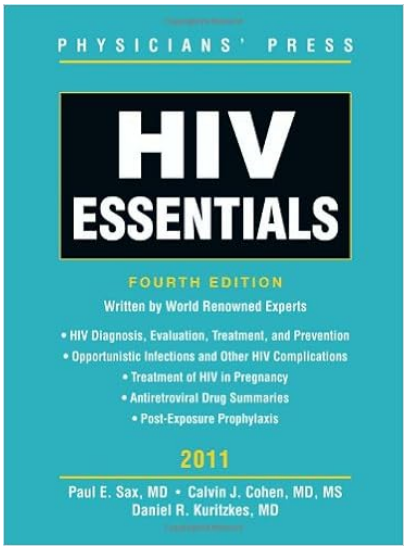
organization, presents the first comprehensive, user-friendly guide to all the drugs most used by people with HIV/AIDS. This completely updated edition includes profiles of the newest and most recently approved drugs and laboratory tests, including protease inhibitors and viral load tests -- and in-depth discussions on how best to use these advances to create effective, long-term treatment strategies. Acclaimed for its accurate but nontechnical language, the handbook is easily accessible by way of an extensive master index.

Features include:

- Drugs listed by brand or trade name, generic, popular, scientific and experimental code name, for quick identification under any known name -- along with a full-color photo insert showing every drug listed
- Drugs grouped together by types of treatment: antiviral, anticancer, antifungal, experimental, immune-based therapy, psychoactive and more
- Treatment strategies for delaying or overcoming drug resistance, and achieving longterm success
- Side effects and drug interactions, possible reactions, and warnings
- An extensive glossary of HIV/AIDS related terms, clearly and concisely defined
- Unique indications for HIV treatment for children, women (with special cautions during pregnancy) and for the elderly
- Essential information on choosing a doctor, clinical trials, avoiding medical scams, nutritional strategies, assistance programs, buyers' clubs, hotline numbers including Project Inform's HIV/AIDS National Treatment Hotline (800-822-7422 or 415-558-9051), and much more.

The HIV Drug Book is written expressly for people with HIV/AIDS and their caregivers, friends and family members, and will be invaluable to physicians who must struggle with the overwhelming demands of this rapidly changing field.



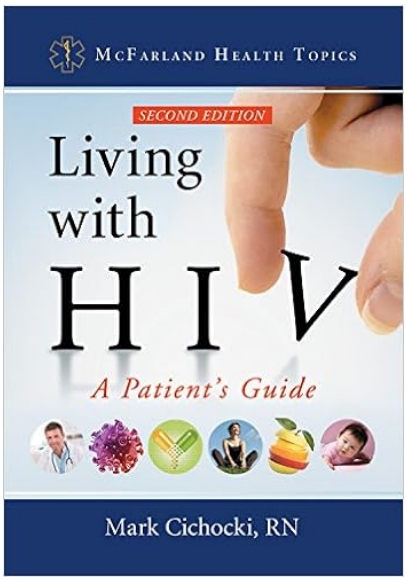


HIV Essentials 2017
by Paul E. Sax, Calvin J. Cohen, and Daniel R. Kuritzkes

The world's leading experts provide all the 'essentials' needed to manage HIV patients in the office, on the ward, and in the ICU.

Completely revised and updated, HIV Essentials 2017 incorporates the latest clinical guidelines into a step-by-step guide to the diagnosis, evaluation, management, and prevention of HIV infection and its complications. Topics include: opportunistic infections and other HIV complications, treatment of HIV and pregnancy, antiretroviral drug summaries, post-exposure prophylaxis, as well as commercially available dosage forms for all ARVs.

Available at amazon

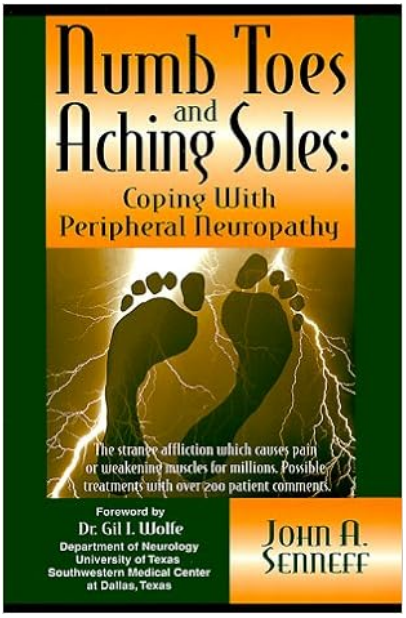


Living with HIV: A Patient's Guide
by Mark Cichocki, RN

In its updated and expanded second edition, this helpful guide offers a wealth of information for

people living with HIV and for people caring for HIV–positive loved ones. All aspects of HIV/AIDS are discussed, including opportunistic and associated infections, dental care, exercise and nutrition, substance use and abuse and emotional treatment. New information will help the newly diagnosed adjust to their illness and long-term survivors to improve their quality of life. Up-to-date discussion of the latest medications covers the growing practice of using HIV drugs as preventatives. Essential Internet resources are provided that help patients live a longer, healthier life.

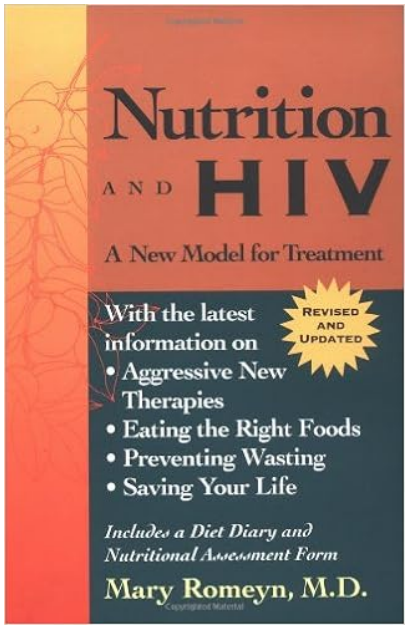
Available at amazon



Numb Toes and Aching Soles: Coping with Peripheral Neuropathy
by John A. Senneff

A comprehensive guide for people who have painful and disabling peripheral neuropathy. Covered are causes, symptoms, tests and treatments—both conventional and alternative—and ways of coping day to day. The book is written from a patient's point of view with over 200 patient comments on treatments. There are also special sections for those with HIV-related neuropathies, as well as reports on experimental drugs in the pipeline.

Available at amazon



Nutrition and HIV: A Model for Treatment
by Mary Romeyn, MD

This reference book offers a sound nutritional model for sustaining and improving quality of life for HIV positive men and women. It outlines an easy-to-follow program for the prevention and treatment of weight loss--a common problem that if left untreated could lead to serious health decline or even death.

Available at amazon

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