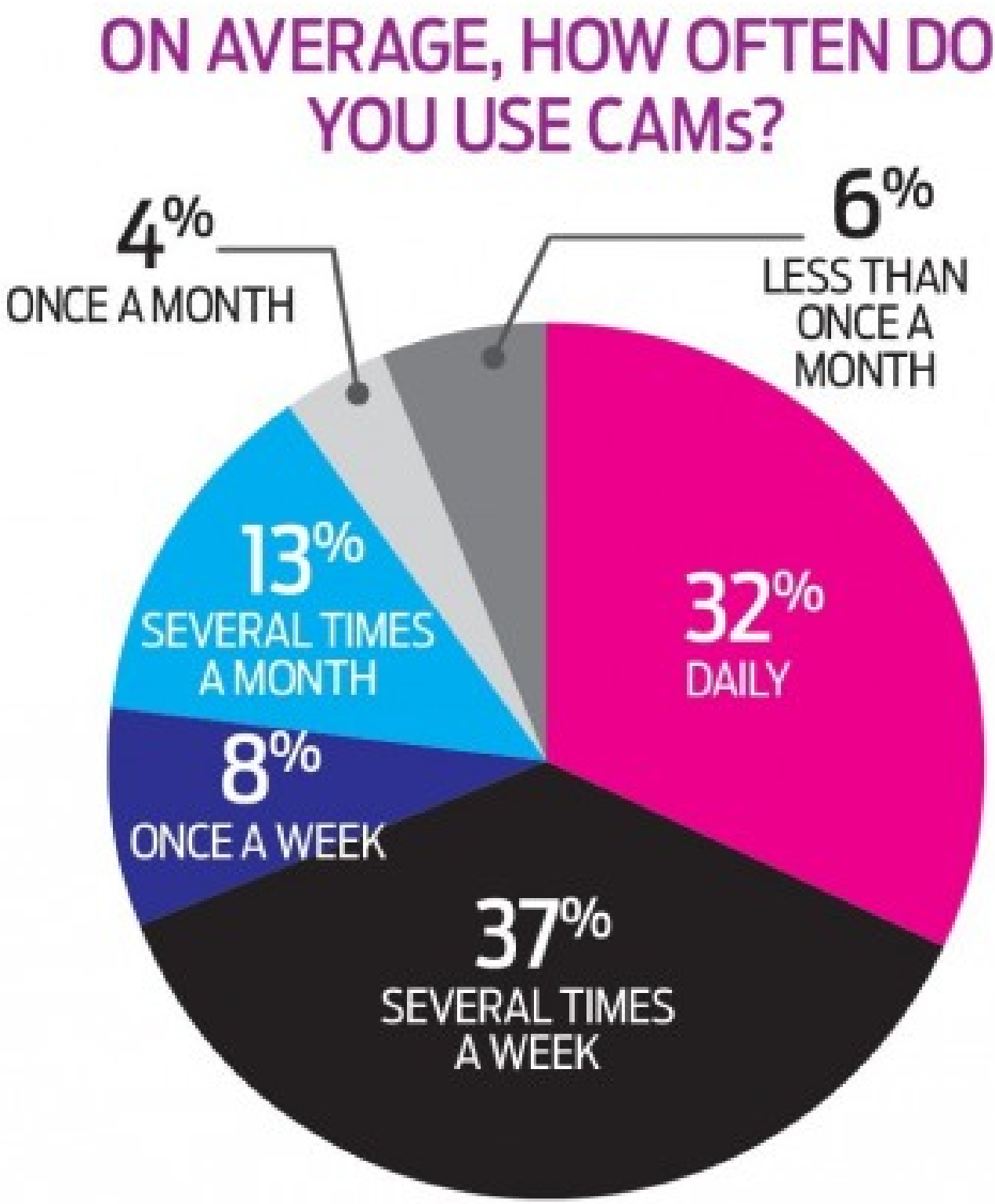
Breathe In. Breathe Out.

November 14, 2016 By Jennifer Morton

Many people find that complementary or alternative medicines (CAMs) can help improve their overall health and well-being. CAMs are health care practices that are used either together with standard medical treatment (complementary) or in place of it (alternative). It’s a good idea to discuss any CAMs you are using or considering with your doctor—especially herbs or supplements, as some can have negative interactions with your HIV meds. POZ recently asked about your use of CAMs, here are your responses:



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