Gui Pi Tang, Bu Zhong Yi Qi Tang updates-- and STI/Treatment Breaks & Minimally Suppressive Therapy

April 4, 2011 By Mike Barr

I had some great conversations during my week return to my old stomping grounds and am eager to share them with anyone still bothering to skim through these pages.

One friend started on the alleged T-cell boosting Chinese formula, Bu Zhong Yi Qi Tang (Astragalus and Ginseng Decoction), one week ago today, I believe. And another friend embarked upon a Gui Pi Tang (Ginseng and Longan Fruit Decoction) experiment, about ten days ago now. And I have been checking in with them every couple of days to see how things are proceeding.

I also have rethunk my initial hesitancy to help readers of this blog act on their own accord to try these qi tonifying formulas. So if you are reading this and have no idea where to start--whether you want to find a licensed herbalist in your area or if you would like to see if one of these formulas might be appropriate for you and then, if so, where/how to obtain it--please let me know and I will do my best to guide you. Spring term at our school is just starting up this week, and things are a little slow until about Week 3 or so, so I expect to have a little extra time for the next couple of weeks.

I will also post the name and office phone # of my new L.Ac. (and learned TCM herbalist) friend in NYC who has posted comments here in the past. He and a colleague apparently have developed an herbal formula to help support people's immune system before and during an interruption of antiretroviral therapy. I know this is a big taboo these days. But I also know independent minded (and super smart) MDs who are still willing to talk about (post-SMART study) STIs, treatment breaks, and almost as importantly, minimally suppressive antiretroviral therapy. Yes, there are still a few of them out there-- but you really have to look for them. (Hint: They are usually not the ones feeding at the trough of pharma drug dinners and all expenses paid "educational" retreats. But there I go being caddy again.)

I will also phone this Santa Monica L.Ac., Michael Verco, who also has HIV folks on individualized herbal formulas that appear to have enable them to put off (or forego!) starting ARVs.

Mike Barr is a board certified acupuncturist and herbalist and can be reached at Turning Point Acupuncture. His interests and experience include sports acupuncture, pain syndromes, liver

health, immunological support, herbal and acupuncture approaches to getting off/putting off prescription medications of unsatisfactory or unclear benefit, and in helping to manage the side-effects of other necessary and life-saving biomedical interventions. He has also been busy exploring the application of Chinese herbal therapies, and specific acupuncture protocols, for all aspects of sexual health and anti-senescence.

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