



Just Four Weeks Ago Tonight...

March 20, 2009 By [Richard Ferri, PhD, ANP](#)

I fell down the stairs, broke four ribs, punctured a lung, nearly bled to death, and certainly almost died. Yet I am here after returning to work, my T cells have shot up to over 600 without any detectable viral load, and while still not on the top of my game - I feel pretty good. I also got cruised today at the gym and it made me laugh and lifted my spirits. Cruising is a lot like Charo - it does not age well.

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<http://beta.docker.poz.com/blog/just-four-weeks-ago>