Hey Girls! Check this out...
Welcome to the Blossom of Bone chapbook of Fairie ravings. This is the official chapbook and contained herein you will find opinions, ideas, sketches, solutions and just plain dish all written with the intention of inflaming our thoughts and stimulating. In no means is this the bible (yeh) of Fairie Thought for our thought is generally so fluid that it could not be bottled between pages. It is however one attempt to excite us to new forms and new possibilities. Enjoy, be annoyed, move.
1. Lesbians and Gay males face actually the very same problems; they differ because both have distorted views of the basic issues.

2. Gays are not men; Lesbians are not women—both are radical refutations of the whole man/woman dichotomy.

3. The pursuit of money, power and prestige is entirely destructive and corrosive to Gays. Witness the evil nature that is so evident in the rich Gays.

4. Debate, argument, all forms of contention are without value. At worst destructive, at best divisive. They frustrate the sublime experience of the sharing of understanding and offer instead the cheap thrills of conquest and victory.

5. Ghettoised sex is the opiate of Gay spirit.

6. The longing to be accepted, to "fit in", is the ruin of many. Assimilation is spiritual death for Gays; betrayal of our heritage.

7. As seekers, explorers, questioners, rushers in, we Gays find our strength in being outlaws, different, without respect. Of course we are hated, and we ought to be hated. If we are not hated we are falling short of our purposes.

8. Gays are the product of neither nature nor nurture. They are quite unnatural and they are notoriously resistant to the pressures of nurture.

9. Homosexuals are not Gay, Gays are not homosexuals, they are however homosexual. For them to be otherwise would be unthinkable.

10. Gays embody the forces and tendencies that underlie evolutionary progress in the growth of human culture.

11. All the above propositions apply equally to Gays and to Lesbians.

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II

From "Fairies and Their Friends"
Between the Revolutions

The Great Goddess of the Earth and the fairies' special books have led the fairies into a living ritual. They get up with the sun to sit on the earth and think about beginning. After an hour they are aware and focused and so proceed to do the tasks that need to be done. These are done slowly, deliberately, calmly. The fairies become absorbed into the tasks so that their nature is revealed to them. The fairies receive joy from this knowledge. The tasks change with the seasons. Spring is plowing and planting, summer is cultivating and building, fall is harvesting and storing, winter is fixing and elaborating the inner spaces of house and self.

When the sun is high, the fairies gather to cook and eat and chant. The chant brings them into restfulness. They allow themselves to be carried away into calm psychic places. When they return, slowly, refreshed, they begin the afternoon yoga. In the summer they practice the yoga of play. They use movement and making sounds and playing natural instruments and acting out fantasies and swimming and picking flowers and sitting under trees and making love and walking and being with the cats. They are helped in their summer yoga by the small white mushrooms that grow abundantly under the bean vines. In the winter they practice the yoga of making things. They weave and bake and crochet and pot and sew and paint and work with wood and glass and leather and strings and words. They are aided in their winter yoga by the long, dry plants hanging upside-down from the ceiling. In the spring they practice the yoga of being on the earth carefully and in the fall they practice the yoga of seeing the plants transform themselves.

The afternoon yogas end as the sun approaches that moment when you can see the crack in the world. Then the fairies gather to quietly celebrate. The darkness is for living together. The fairies eat and talk and sometimes read and sometimes dance and sometimes touch. The darkness is for doing whatever makes being together feel good. When the body signals, the mind relaxes and the fairies sleep.

The ritual is suspended for celebrations, during natural disasters, for human sufferings and one month every winter when all the fairies go to the devastated city and turn into faggots.
One of my parents' favorite rules was that, "If you can't say anything nice, then don't say anything at all." That pursuit of "being nice" has led me to be secretive about my prejudices and to carefully select what I say in public. At my first Gathering last year in San Diego, I believe I was "nice," relatively invisible and "harmless." This year I want to tell you straightforwardly what I think about this faerie phenomenon, and try not to "be nice."

Firstly, I bend over backwards to not treat this "happening" as a faerie "movement." The difference is between the spontaneous upwelling of spirit, and the scaffolding that tries to sustain and preserve that spirit. Just as in love affairs, as soon as spirit becomes a "project" it begins to beg for attention, to demand that it be there tomorrow. The faeries are the first group in my experience with whom I can express spontaneously and freely my love without contract, without obligation, without demand. There doesn't "need" to be a Gathering, and Stonewater Circle in San Diego isn't doing anybody a "service" to "provide" Gatherings four times a year. Gatherings happen miraculously, spontaneously, when the moment and the people are ripe for one. We don't have to have a "movement" in order to know that the faerie spirit is alive in the land. The media want a "movement" so that they can find us, while leaders and followers want a "movement" because (as the song goes) they need one another more than they love one another. When I need a movement, I take a shit and I recommend that all faeries do the same.

Another danger I see in there being a "movement" is that it excites those people who want to "define" what and who a faerie is. Some people even come to Gatherings prepared to give workshops on that subject, entrepreneurs in the industry of defining a faerie. The process of self-discovery is not necessarily a process of self-definition. It's essential to the political process to know, "Whose side are you on?" and academics and census-takers rarely move without first designing the boxes within which they will move. However, a Gathering isn't a caucus, and it isn't a schoolroom where you come to pick up the properly cloned definitions about who you are as a faerie.

The Bay Area where I live has seen every imaginable spiritual energy moving through its arena, and one energy that I dislike is the so-called "boddhisattva trip" that some faeries claim they are on. This trip is the fervent belief that your purpose in the world is to help/guide/save other mortals, often causing pain and suffering to yourself, and just as often being a pain in the ass to those around you. Those on this trip really believe that they should be somewhere else more elevated, that they are truly transcended beings holding themselves back on the Wheel of Reincarnation for the benefit of the rest of us. It's not a phenomenon that you'll only find in San Rafael, Bolinas or Berkeley, you could also easily find it in the Los Angeles area. It's a difficult role to play, and ideally not played as a role. These men invariably have a lot to say and, to a man, they sincerely believe in what they say -- an attractive combination. It's not their thrust for leadership that I mind, nor their ego, it's their resistance to other points of view, the hypocrisy of hiding that self-interest under the cloak of "humble servant," and their idea that I need to have them around.

The freedom that I feel to share these thoughts with you comes from my trust that a faerie Gathering provides a safe place for me to explore being at risk, being vulnerable. The doors opening onto the world of everyday are temporarily closed. I belong in that world of everyday and I belong here. The notion that I have "assimilated" there whereas I really "belonged" here, or that I require sanctuary here because "out there" I'm a fugitive in danger, is not at all my experience. I believe it's not my experience because I have made a conscious, deliberate choice that it not be my experience. I believe that each of us has that power in our lives, and that there is no better time than the present to choose that power.

Brian Smith
I was terrifically inspired by the first fairy gathering. I thought, this is what the gay community is missing, this genuine feeling of support and acceptance among gay men. This was my boyhood dream, my projection of a secret world to counter the harsher, cruel-er, real-er world. I hoped something could be carried back and we could begin to create alternatives to the mainstream gay community, based on the essences of the fairy gatherings: that gay men could be nice to each other, that we could create our own identity, that we didn't have to conform to mainstream gay culture or assimilate to hetero forms.

I want to share some of the things I would like to do with fairies in the city. I and behaving. And if we're different, maybe it's because we've discover some new characteristics and needs.

To me, there are many questions in the gay community that could use a fresh, and radical, point of view and there are a variety of ways to speak out on them both culturally and politically. For example, some type of publication or newsletter, xeroxed and distributed free on the streets, could use humor, articles and graphics to offer a perspective not compromised by the need for commercial advertising or political influence. Through such a publication as well as through a creative presence in public, new ways of looking at issues and approaching problems could be explored. Of course, I have my own pet issues, and to be honest I need to share them, and when I see the gay merchants calling for a greater police presence in gay neighborhoods (to protect business), and gay political leaders calling for gay police offices, I want to speak out about who and what I think the police really are, as a form of institutionalized militarism. And when some gay entrepreneurs want to make a buck and organize some lavish event like the gay Olympics I'd like to be a colorful presence at the gates, passing out flyers and talking about better ways of affirming ourselves than through competition and hero-worship and status seeking. And when gay leaders are ingratiating themselves to the medical establishment and promising gay volunteers for AIDS experiments, I want to call for gay men not to give up the their self-determination by becoming willing guinea pigs without gaining the right to have a say in how research projects are run and what is done with the information.

What I really, really don't want to do with other gay men is boring, ideological, self-righteous political or movement work. I want to do fun, funny, poignant, and existential things with gay men (by the later I mean laced with a sharp sense of the absurd that exists in our society.)

Beyond these sort of specific things, in general I would like to explore more forms of mutual support with gay men. Not just in terms of emotional, support group things, also in terms of dealing with economic, material, and survival needs, among the many of us who are pursing lives and interests not tied into the work-and-pay system. Certain emotional needs have been met through the gatherings, but back home in the city we seem to face the insurmountable demands of meeting our material needs alone, as individuals. The walls of individualism which the city erects in our lives are the result of these economic and material constraints. The fact that we have to go to work to rent an apartment and to feed our stomachs places all kinds of restraints on our time and on the ways we can relate to each other. We don't get to see each other every day or live near each other, our needs in money and time, our gatherings have to be built around vacations and the expense of money, and on and on. Could we possibly find conscious ways of sharing resources, living cheaply and creatively, and maximizing our freedom to be ourselves? (And I don't mean to
imply that we should necessarily live in collectives and share our money, it could be as
simple as sharing books, a work space, a meeting space, a tool, a trade of skills, a
joint effort, a traveling dinner party, a rent party if needed, a car, shopping, a helpful
tip on where to find work, etc., etc.)

I want to share one more thought. Beyond these group-oriented and, sometimes,
political activities I've mentioned, I believe that ultimate application of the gathering
experience is in our own daily lives as individuals. Not in terms of our allegiances to
groups, movements, or ideologies, but how we act and behave in the dilemma of the
present moment. Two principles have led me to a radical re-orientation in my approach
to daily life. One is the idea I first heard at the Colorado gathering, that of "maximiz­
ing the differences" between ourselves as gay people and the larger heterosexual
society. I find that this is a principle I could apply in just about everything I do.

Another principle that has a dramatic effect on my life, is the anarchist idea of direct
action — if the ideal society is one in which individuals have self-determination and
direct participation in decisions affecting them, then the way to work for that is by
asserting the right to self-determination in our own lives, right now, not accepting the
legitimacy of authoritarian forms. From this perspective, my whole life is an arena for
struggling against the domination of social institutions — the process that Paul
Goodman described when he wrote, "We draw the line in their world; we proceed in
ours." I have found that by maximizing my differences as a daily exercise, and then
proceeding on the legitimacy of my own inclinations and values, my whole life has been
reoriented, in pursuit of ideals I first perceived at the fairy gatherings.

- Will Roscoe
What does "Radical Faerie" mean? I think the center is a sort of mind-blowing love.

So now, let me start bitching. I wonder sometimes whether we have rejected the conformist, macho, macho establishment only to form a conformist, macho, macho establishment. I will not tolerate fascism from the right or the left. I'd like our circles to be an alternative to conformity, attitude and inertia, not just a reverse image of them.

And the answer... may I have the envelope please... is something like "SHIRT, NOT FORM." The question is not whether we're into drag, for instance, but how we're into drag. Does it help reclaim our right to be g Grammar, soft and erotic? Does it membership in a closed clique—an excuse to despise outsiders? Does it add the forbidden, fantastic yin to your personality? Or are you suppressing the natural male of your body and energy? That could be OK if you consciously choose it, but sometimes I see faeries using drag and stiffness to wage an endless, unconscious act of revenge against their violent and loveless fathers, whom they will not forgive. Much less know a fairy who is rather harmless and gruff when not in drag and all hell when come up. I wish he really blend that softness into his personality, not just wear it occasionally as if to punish himself. I think drag is actually preventing him from growing. Genderfuck is power- and control. Let's use it well or not at all.

I do think we all need to be radical (steadfast, passionate) about supporting the rights of drag queens and whores—they get the worst of the bigotry, and we all get written off as sexual or not. But I think it's time to stop reader and reading that gay men should be silenced. ARTHUR EVANS PLEASE NOTE: But I have explored drag &, seriously, I think I can do so whenever I feel like it. If I feel like being open, not secret and not in drag, I don't have to be masculine-mindless-military-maddening ones. The question, ultimately, is the fearful and aggressive; it's a problem because the images of fear and power have so often the masculine-mindless-military-maddening ones. My modest proposal is to include even the fearful and aggressive; it's a problem because the images of fear and power are so often the masculine-mindless-military-maddening ones. The question, ultimately, is what gives? I think Arthur is brilliant, and much too important to settle for the maintenance and growth of our inner spaces as well. Our collectivism attempts to connect with the things we do in our lives we fall back into that alienated form of life. However, unless the transformations and ecstasies achieved here and that requires allegiance to pronouncements of fairy leaders or the visions for our individuality allows us to agree and, more importantly, disagree with each other.

LOVE you are innocent until proved guilty. You are the great big astonishing universe wrapped up into a little ball of faerie-wonder, and worthy, therefore, of huge quantities of my love. Immediately. Love first, ask questions later. My modest proposal is to include the fearful and aggressive. This time is special, magickal, and filled with creation and life. However, unless the transformations and ecstasies achieved here and that requires allegiance to pronouncements of fairy leaders or the visions for our individuality allows us to agree and, more importantly, disagree with each other. It is in the ways that we agree that our unity manifests and the ways that we disagree that our real magic is worked.

Let's use it well or not at all.

I observe and feel that the nature of this collectivism of ours is inherently nonauthoritarian both in its form and practice. By form I mean that we are not an organization and movement, but with the emphasis on form, we go forth, and not on the -ments. We have no governing body which claims to represent us and that requires allegiance to pronouncements of fairy leaders or the visions off of official shaming. We are a conspiracy of equals, some of whom know how to, or about this thing, and others who know how to or about that thing, but among whom knowledge and understanding are not perverted into an authoritarian relationship. We have no leaders and furthermore we are teaching ourselves and each other that we don't need or want any leaders. This is perhaps one of our most radical and potentially creative/threatening visions, both within straight as well as gay society. For we no more need or want any leaders than we would the LA Times or Congress. The vision, form, and practice of our collectivism is radically decentralist. We do not sacrifice our individuality and uniqueness to the fairy gathering to bring about our collectivity. Rather, our practice of our collectivism is radically decentralist. We do not sacrifice our individuality and uniqueness to the fairy gathering to bring about our collectivity. Rather, our practice of our collectivism is radically decentralist. We do not sacrifice our individuality and uniqueness to the fairy gathering to bring about our collectivity. Rather, our practice of our collectivism is radically decentralist. We do not sacrifice our individuality and uniqueness to the fairy gathering to bring about our collectivity. Rather, our practice of our collectivism is radically decentralist. We do not sacrifice our individuality and uniqueness to the fairy gathering to bring about our collectivity. Rather, our practice of our collectivism is radically decentralist. We do not sacrifice our individuality and uniqueness to the fairy gathering to bring about our collectivity. Rather, our practice of our collectivism is radically decentralist. We do not sacrifice our individuality and uniqueness to the fairy gathering to bring about our collectivity. Rather, our practice of our collectivism is radically decentralist.
modernity exchange forms the dominating model in human relationships. We must be aware that our gatherings can all too easily fall into the limited forms of accepted social nonconformity which vacations allow. These forms include such things as a time limitation. This different way of being starts at a certain time and ends when it is scheduled to. It takes place "out-of-view," away from the rest of one's life, out of the sight of neighbors and colleagues. It is exclusive, something not everyone else is doing, like working. And lastly, it is "worth every penny," implying it would have been worth less if it were free. In essence, it puts us back in order so that we can return to the same social forms without significantly challenging or changing them.

What our gatherings make possible, what they actuate and release in us, must be taken back to the world of our daily lives. The insights we create and share must extend past the few days we spend together, otherwise they become atrophied and when activated the next time feel more like cliches and poses than like something dynamic growing and alive.

II.

We are many star creatures. We come together to respect and bask in our individual and collective bodies. The tendency to replace the feeling with the form is always an every present danger as physical, astral and psychological poisons are released into our evolution we have consciously and unconsciously called forth from ourselves the power-angel-goddess of protection and safety, of the release of tension and individual selfhood so that we could create the space in which to feel free from pre-existing formulas. Up to now the goddess of release and infinite expansion has graced our altars. The goddess is the symbol chosen to express these ideas, for we do not worship formulas. We come to this gathering to discover more about our true selves and to celebrate finding each other in a world that has been taken away from many of us. We come to fill our hearts and our spirits with what they need to carry on strong and clear, despite the many compromises we all must make to go on living every day. It's as plain as can be: faerie ways are not the ways of the world; society has long been hostile and inhospitable to the openheartedness and spontaneity we come here to explore.

Doesn't it seem that something terribly important has been denied to us? Why do we have to wait most of our lives before we find people with whom we can share ourselves fully? Why must we do most of our deepest sharing when we're on retreat from the places where we live most of the time? It seems that what ought to be our birthright -- the chance to enjoy and explore our bodies and minds, and the body and mind of the planetary organism in which each of us is a cell -- this birthright has somehow been placed in wraps and withheld from all but the fortunate and persevering of us. Most of the world's people never get to play in their senses and spirits as we do here.

And what does it mean that a few of us do find the clarity and do stumble onto the circumstances that allow us to begin discovering ourselves apart from the violent and self-defeating morass of the society around us?

I can't help but feel that there is a great less to be had in the love and acceptance we come here to practice. And I can't help feeling the onrush of warmth and confidence, of personal power, that overcomes and enfolds me each time I connect with the faeries, and with the faerie in me. I feel more myself and more at home than I have ever felt in my life, as though my engines have finally been tuned up properly, and now at last I'm running on all cylinders. What a blessing!

I feel a humanitarian impulse to rush around and share this clarity and power, but how do I do that, and where do I start? The world is such a mess; there's so much to do, and so little hope of really changing anything or anybody. Maybe this gift is better kept private. Anyway, it certainly is nice having so much fun.

But I listen to the radio news and my heart rages! The more I open, the more fury I feel at the mishandling of the resources the earth gives. Everything. Everywhere in the world, cruelty and greed and stupidity seem to be in control, and the arrogance of white male American ways seems to be tightening its stranglehold on the minds of people everywhere. We are in the days that all the prophesies foretell, when power struggles, disrespect for life and misuse of the planet's resources bring us to the verge of destruction. The old beliefs provide no help or security in the world of today.

What can one or two, or a hundred, naked faeries in the woods do to change all that? Is there some way we can help make a difference, without giving up what we've learned about ourselves?
The prophesies say there will be a mammoth struggle between good and evil, that much of the world may be wiped out, but that the spirit of the new age will somehow arise from the true-hearted few to turn the momentum around and move on to a new era of understanding. Sounds great, but how does what we do and feel now fit into a picture as large as that?

I visualize the earth, a single organism hanging in space. Countless millions of individual parts are miraculously intertwined to form a creation of such beauty and complexity that for more of us most of the time only a tiny bit can be contemplated at once. It's simply too much to deal with!

But when I do think of the whole planet at once, the millions of us tiny things scurrying around on its surface, and the poverty and violence made of things, I feel a pain well up inside me. The planet is fighting for its life! Somehow a cancer has taken hold; one of the life forms has proliferated out of control and is robbing sustenance from everything else. The vital signs are weakening as the struggle approaches climax. Everywhere the crisis is deepening. Can the balance hold? They want to burn the planet crisp with their bombs! They must be stopped!

How can this be happening? What has gone so terribly wrong, that we find ourselves as a species fighting with ourselves to regain the will to live? Is this inevitable? Is it a product of guilt or insanity, or merely of perversity? How did we get on a collision course with ourselves?

How did greed and self-interest and ignorance become the religions of the masses? When did acquiring influence and possessions become certified as the primary motive for doing anything, prevailing over the impulse to serve, to work together and share? When our civilization was taking form, what became of the powers that had always existed in women be that the power of love or of hate? Why has the spirit of love and communion been crushed and exploited and corrupted so by those who use it. What is more dangerous than a morally bankrupt tyrant with absolute power? Imagine the state of mind of a planner of nuclear war: like me when I visualize the planetary collision course with ourselves?

Who is the one man who can destroy the earth? It becomes almost a matter of faith to believe we do, but how do we find ourselves as a species fighting with ourselves to regain the will to live? Is this inevitable? Is it a product of guilt or insanity, or merely of perversity? How did we get on a collision course with ourselves?

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Although the drama of истории is with the thought: throughout the ages, people of kind hearts and good intentions have been made to suffer, denied access to leadership, abused, exploited, tortured and killed. We've made enormous progress in getting our way with the material world; technology and intellect have blossomed, while our collective development in the area of ethics and caretaking of kind hearts and good intentions have been made to suffer, denied access to leadership, abused, exploited, tortured and killed. We've made enormous progress in getting our way with the material world; technology and intellect have blossomed, while our collective development in the area of ethics and caretaking of kind hearts and good intentions have been made to suffer, denied access to leadership, abused, exploited, tortured and killed. 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As technology has developed, so has the scope of the threat posed by those who use it. What is more dangerous than a morally bankrupt tyrant with absolute power? Imagine the state of mind of a planner of nuclear war: like me when I visualize the planetary collision course with ourselves? Who is the one man who can destroy the earth? It becomes almost a matter of faith to believe we do, but how do we find ourselves as a species fighting with ourselves to regain the will to live? Is this inevitable? Is it a product of guilt or insanity, or merely of perversity? How did we get on a collision course with ourselves?

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consistent source of helpful and healing thoughts. I pray that sooner or later the "hundredth monkey" will get the message about why we can't build bombs anymore, and then bombs will become obsolete. And then maybe we'll go on to eliminate hunger, and exploitation, and sexual repression all around the world. It's something to think about . . .

With love, Mica

(If you are also obsessed with the kinds of things discussed here, or if you want to share the experience of looking life-threatening despair in the eye and come out laughing, please attend the Circle of Concern that will be held sometime during the gathering.)

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STEP 5: ALONG THE ROAD TOWARDS THE VISION OF A NATIONAL GAY COMMUNITY

To project the dream of a National Gay Family Collective, to which a first step would be a thread of Unity linking Gay Communities across the Nation presupposes a network of social and political inter-relationships between ourselves and the several cultural or ethnic Minorities out of which our plural American consciousness is fashioned. To begin these inter-relationships our Gay Communities must prepare to enter the grass-roots consensual consciousness of the Nation. We must finally confront the necessity of informing the Hetero Communities who we Gay People really are, where we have come from: we must confront the necessity of demonstrating to the Hetero Community what we are really all about. When we begin to do this, incidentally, and here and there - manage to create a revelation whereby they suddenly comprehend who we are and how we have been contributing to their cultural and political well-being all these many millennia . . . and whereby they also catch wise to the suspicion that their laws and prejudices already are impeding us from making further contributions, we'll begin to see the Heteros moving to eliminate those repressive laws and customs to their advantage in order to keep our creative and inventive goodies flowing their way. And it is there - when they change their Laws not to our advantage but rather to their advantage - i.e. - to conform to the consensus of the Whole - where our only real security as a People resides.

A case in point - in 1978, Proposition #6 - the Briggs' Initiative - was defeated at the ballot-box because - although ostensibly aimed at us - the Hetero politicians suddenly suddenly realized it concealed a lethal entrapment for political blackmail which would annihilate any one of them it could touch.
Conceivably, Congressperson Fauntroy's exasperated slip-of-the-tongue during the confrontation between the organizers of the Martin Luther King Anniversary March, in Washington DC on Aug 27th, and the Gay Minority determined to have one of its people a speak for the event, conceivably – Fauntroy's referral to Gay Rights as Penguin Rights may be one of the most forward-propelling kicks in the ass our Movement has ever endured. If we are to tell the Hetero Community in general, and the Legislative Kingpins at both State and Federal levels (such as Congressperson Fauntroy of Wash DC) in particular, just who we Penguin really are, we can no longer afford the 1960's-type illusion that we see through the same windows as the Heteros do. If we wish then to hear us as we might want to be heard, we must tell them about ourselves in their language – not in their language redefined and re-tailored to suit our realities. If we want to express our dissatisfaction with their performances on our part, we must criticize them or call them names in their language, we must employ similes and metaphors that speak to their sensibilities even though such references may gall our own more discerning ones. I suggest that we must spend a little more time listening to how the Heteros – the non-Penguins – around us, are hearing us these days . . . . in contrast to what we expect them to be hearing.

A case in point is our frequent and widespread application of the word SEXISM. Radical Feminist women for years have been trying to tell us that SEXISM, as a word – let alone a concept, doesn't communicate anything to hetero-males. He be black, brown, yellow, or white, the hetero-male shows no signs as yet of recognizing that women perceive any differently from the way he sees. If the hetero-male, nationwide, manages to maintain – after 15 years of militant feminist attempts at education – his inability to comprehend that women have a different window on the world than does he, I think we can take it as given that both of them, hetero-females as well as hetero-males, are hardly ready to concede that Gay Folk may have windows on the world very different from either of theirs. Hetero-folk, through 4000 years of overground recorded history, have demonstrated that – for them – the cornerstone of social and political continuity is the Unity of opposites, the rated couple in which her strengths match his weaknesses and vice versa to form a complementarity within which the young are nurtured and protected so long as need be. Gay-folk, through their 4000 years of largely underground not-so-carefully-recorded history have tried not to demonstrate that for them the cornerstone of their inventive or rhapsodic vision was that complementarity Other . . . . that Shining Other who is as self-sufficient and as self-reliant and as independent as I. No clinging vine, he – she – is so very freely my equal that I can think of him – of her – as I do of myself, almost identical as my subject self . . . my subject-OBJECT to be shared with . . . . never a beloved Object to be manipulated or persuaded or reasoned with. Those

for whom reality is framed within the Newtonian proposition of electro-magnetism that unlike attract and likes repel will have little in common with those for whom modern physics only in the last two years has found a metaphor in which the exact opposite is true. Those for whom complementarity is the hair-line vertical which bisects the target will have little in common with those for whom the supplementarities of parallels and balances, the loving sharing consonances of the larger whole are paramount.

For the Tewa Indian Hetero-male, as for the Helladic Greek Hetero-male, the names by which he knew himself . . . TWA - HELLE means the People. Therefore those others who occasionally crossed his boundaries, whose customs or whose appearances or whose languages were different from his, were NOT people. They were other, they were barbaroi . . . in English - barbarians . . . in all languages - alien . . . creatures from another dimension. Interestingly, in the hetero-male as species universalis, this has not changed very much. If women, or Gays, or anybody thinks in the same way as he and his given male-bonding group do, then – of course – they are making good sense. But IF the women, or the Gays, or anybody, sees differently – or has a quite variant window on reality than he does, then they are barbaroi, alien. In the 18th century they would have been perceived as perhaps coming from a different country, in the 19th century – from a different continent. In the mid 20th century, they might come from a different planet or - atleast - from outer space.

So Scott Tucker of Philadelphia, in a recent letter to Gay Community News, takes furious umbrage with Congressperson Fauntroy for being Heterosexist when Fauntroy belittles Gay Rights by referring to them as Penguin Rights. Fauntroy wasn't being Sexist – a term which my Black Women friends have explained to me over and over communicates almost nothing to hetero Black men. Fauntroy was being Racist. He came right out in the open and said what Hetero men have been saying to us for all the years of my life, from the taunting of miserable little sissy-me on the schoolgrounds of my childhood right on down to the queer-baiting types on the streets of San Diego last night. We ARE alien, we ARE a Separate People with a few skeletal and chemical similarities with the Hetero-majorities, with a few seeming which may be environmentally or culturally-induced, and with vast differences – not only in origins but in applications and in directions, as well as intents and purposes.

The hetero-male-dominated subject-OBJECT Society, into which we were born, and which has attempted to shape us and brain-wash us all into the conformity of its social convention, known that its efforts to shape us have largely failed, known that we are ducks in their nests of chickens, known that we are Penguins in their Anniversary Marches of non-PENGUIN Minorities. What they don't know is what we
might have to contribute. What they don’t know is that our alien outlaw vision on the world, when added to theirs, would bring to the whole combination triangulational ways of seeing around corners they’ve never experienced before, would bring holographic ways of perceiving which they have been desperately needing. Yet we cannot communicate these ideas, we cannot display these contributions until we begin to respect the tropisms within our own Gay natures which trigger — which give rise to — these qualities in ourselves, until we begin to affirm and love and appreciate these wonderful outlaw — these enormously contributive guerillas — resources we have accumulated in the hundred thousand years of our lonely mutant journeys ... a cataloguing and a collecting we’ve been avoiding like the plague. It’s easier to march in the streets and scream and bellow than it is to sit in a circle and examine and evaluate. It’s easier to pretend we’re just like everyone else — although we don’t feel the hetero for a minute — than it is to dig and dig into the bi-cameral subterranean channels of collective memory until we finally learn how to bring to the surface those visions we so long have carried in the absence of suitable words by which we could have given them image and substance.

Fifty years ago the great Darwinian Biologist Julian Huxley said “no negative trait ever appears in a given species millennia after millennia after millennia unless it in some way serves the survival of that species”. Up to now we Gay Folk have not addressed ourselves to what Great Mother Nature might have in mind for our service to human survival. I propose that it lies within our singular tropism to Supplementarity as a potential escape-hatch for the 100,000-year-old hetero-male consciousness now timed not only subject-OBJECT but also O-OBJECT consciousness — something we do in our dreams, and something that is available to anybody interested and flexible enough to bring that opportunity into their experience. Huxley said “no negative trait ever appears in a given species millennia after millennia unless it in some way serves the survival of that species”. Fifty years ago the great Darwinian Biologist Julian Huxley said “no negative trait ever appears in a given species millennia after millennia after millennia unless it in some way serves the survival of that species”. Fifty years ago the great Darwinian Biologist Julian Huxley said “no negative trait ever appears in a given species millennia after millennia after millennia unless it in some way serves the survival of that species”.

Harry Hay
October 1983

Twice a week, for the past two years, I have spent an evening with four other gay people allowing material to come through the same teaching entity from the non-local consciousness. Levels of consciousness is something we do in our dreams, and something that is available to anybody interested and flexible enough to bring that opportunity into their experience. Huxley said “no negative trait ever appears in a given species millennia after millennia unless it in some way serves the survival of that species”. Fifty years ago the great Darwinian Biologist Julian Huxley said “no negative trait ever appears in a given species millennia after millennia after millennia unless it in some way serves the survival of that species”. Fifty years ago the great Darwinian Biologist Julian Huxley said “no negative trait ever appears in a given species millennia after millennia after millennia unless it in some way serves the survival of that species”. Fifty years ago the great Darwinian Biologist Julian Huxley said “no negative trait ever appears in a given species millennia after millennia after millennia unless it in some way serves the survival of that species”.

Once upon a time there were four magicians, all brothers. One day, while poring over their tomes of ancient lore, they came upon the secret of resurrecting the dead. The third brother thought, “This information should only be known by high initiates of magic”, and so he only spoke it camouflaged in cryptic lore and occult symbolism. When he died all his disciples tried to resurrect him, but they each interpreted his instructions differently and none of them really knew how it was done, and he was buried the next day. The second brother thought, “This information is too important to tell anyone about — it is too dangerous in uneducated hands”. And so he never told a soul. Of course when he died no one knew that resurrection was possible and he was buried the next day.

The first brother was so excited by this that he ran about telling everyone he met how it was done — whether or not they wanted to know. And because he was so willing to tell everyone, no one took him seriously. One day a huge rock fell on him, killing him but, because no one had believed him, no one tried to resurrect him and he was buried the next day.

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The fourth brother thought long and hard about this. He waited patiently until one came along whom he felt would understand his instructions. He waited, however, until his disciple asked to know the secret of resurrection and then he told him as simply and concisely as he could, repeating it often over the years. When the fourth brother was bitten by a snake and died, the disciple remembered what he had learned and resurrected the fourth brother simply and easily.
The ability to heal yourself in any way comes, in part, from a willingness to accept your having created disease. And accepting that creation is quite different than basking to it and accepting illness as inevitable. It is not inevitable, but the rationalizations and fallacy of illness is a message to yourself. It doesn't help any to say, "But I deny this message because of the form in which it comes".

Instead, you permit the beginning of a cure by perceiving the message and understanding why you used illness to convey it. The earliest AIDS patients paved the way for a whole new disease — since medical science had apparently found cures for syphilis and gonorrhea, and the straight community already had claim to herpes, men with AIDS are very, very serious in their dissatisfaction with typical gay sexuality. The disease has developed in proportion to the loss in partnership in the gay community, as a result of rampant "promiscuity". Generally the sexual "freedom" of the gay lifestyle does not lose its frstastic glimmer for many years. When that glimmer begins to fade, the importance of friendship, and mutual interest in something other than sex, emerges. Relationships are very important to 99% of people. When a person gets so engrossed in the physical aspects of relating, and denies the value of prolonged contacts, they cut themselves off from a most important aspect of relating.

Gay liberation is fine but achieving liberation through rejection of other lifestyles, and confusing impulse with compulsion, is a destructive rather than a liberating process. In many ways, homosexual subcultures have thrown the baby out with the bathwater when breaking their ties with straight society. The distinction should be made between impulse, which is healthy and clean, and compulsion, which tends to come from habit and neurosis. Relationships with each other. Sex.

Realize that sex should be communication. If you cannot feel comfortable communicating with a person, you aren't likely to have quality sex with them either, or you'll feel dirty about it. Sex is a way of expressing love — and reproduction is its primary function. Unless you know a person, it's unlikely that you will really love them. That doesn't mean that you have to know them long, or intimately, but it does mean that some sort of emotional connection has been made. If there is no emotional connection, and no desire to have one, even briefly, then you had better ask yourself what you're doing in bed with that person. If you aren't willing to look your partner in the eyes, and are afraid of looking for fear of finding flaws in the fantasy, it is not inevitable, but the pain of repressed emotions is like a growth inside. It's the difference between cutting yourself cleanly and letting it bleed, and developing an insidious cancer. No one goes through life without shedding some blood. The only way you could prevent the occasional bloody mishap is to hide yourself away and never touch anything sharp or hot or heavy. There is blood too in childbirth but it is healthy blood and part of the natural process of evolution and growth.

Susceptibility to AIDS probably does not increase if you don't have the love of your life beside you. Relationships are expressive of an attitude of concern and involvement, and that attitude is much more important than the actual relationship. Susceptibility likely comes to those who avoid or fear relationships, or who feel incomplete and "cheap" without a steady relationship, and who try to mask any lack of quality experience by quantity. Guilt over homosexuality and the associated "wild" lifestyle is likely another trigger. One of the primary attractions most women find in lesbian relationships is the emphasis placed on sensuality rather than orgasms. Heterosexuals and gay men could do with more of this. Gay men in particular tend to become orgasm-oriented, and this obsession with bigger and better or at least, more frequent, orgasms can become as much an addiction as cigarettes or alcohol, and we continue the strange, and dangerous, sexual liaison. The important thing about a body part is not its size or shape or scent, it's who it is connected to. Any type of encounter that is based on isolated body parts is not an encounter but a form of extreme masturbation.

The concept of disease in this culture are truly insidious. The fear of illness does not result in increasing attention to healthy attitudes, but towards fear and treatment of the "incurable" symptoms. We say good, people are getting back into getting to know each other before going to bed. This fear is a legitimate trigger.

Not only are "bugs" in the air all the time, they are in each of us all the time. In balance, bacteria is essential to health. Out of balance, you get your experience of symptoms called "illness". Health is not merely an absence of illness, it is a condition of balance wherein you contain all the bacteria that could produce illness but do not. Cancer is not so much a "disease" as it is a symptom. It's an...
excess of normal growth and the symptom called "cancer" is a way of expressing impulses, usually expansive impulses, that have been suppressed by the organism, and to some extent the type and location of the excessive growth reveals the area of suppression. The so-called "gay cancer" is a subject that is still on the frontiers of study and research, but it is likely that you will find emotional suppression as a feature of this group of people who are breaking the status quo and going after their impulses with vigor. And that the disease will be seen as a virus that exists in a run-down body and triggers further breakdown of the organism.

It doesn't require pumping iron to avoid being run-down. Already it has become clear that the most susceptible individuals have had bouts with venereal disease and use drugs. Butyl nitrate is likely a big contributor, particularly in conjunction with strenuous and prolonged physical activity. Those who dance with poppers are probably more susceptible than those who use it for sex, and those who use it for sex occasionally are at less risk than those who use it regularly. Blood and blood-containing matter is likely the primary transmitter. In a culture that doesn't have needles and blood transfusions, AIDS would likely never have developed. Saliva is not likely to be the problem but if it is a person's firm belief that saliva or mucous membrane sex is the culprit, then it is unquestionably true for them, and we would say that they should not have such contacts unless they change their beliefs first. The guilt were they to break that ban would likely worsen the disease.

As for the suggestion that cutting sex out of your life also cuts out the susceptibility to AIDS, it is much more that cutting intimacy and closeness out lets AIDS in. Recently there has been the suggestion that, in San Francisco, gay men have a 50% chance of contact with someone who is at risk for contracting AIDS. Actually, we feel that about 50% of the gay community is at risk because of their sexual/emotional attitudes, and that is the basis for the so-called odds: about 50% of gay men in San Francisco lead the lifestyle which supports it. The treatment we would recommend for those with AIDS is a hospice-type support system based on forming a close bond with a hospice worker. The bond alone should improve the odds of survival. Counseling by someone who understands the relationship between disease and guilt and repression would also be advised. The worst side-effect is the isolation that friends and lovers impose out of fear. Eventually we feel that the statistics will show that a person has far more chance of contracting AIDS from a trick than from an infected lover.

Cian

"Nothing happens next. This is it."
Staying Healthy with HIV

A Guide To Alternative and Complementary Therapies
Thank you for purchasing Staying Healthy With HIV. We sincerely hope that the information will prove to be valuable to you in your efforts to support your health. If you have purchased this book for someone else, bless you.

We suggest that you send us this registration form to get yourself on our mailing list. We will occasionally send you information about book updates and possible future workshops in your area.

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Our mailing list is completely confidential and private.

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[ ] I have received the “Additions and Corrections” insert with the book. Insert dated: ______________

[ ] I have not received the “Additions and Corrections.” Please send me one.
Staying Healthy With HIV

David Baker and Richard Copeland
13-B Belcher Street, San Francisco, CA 94114
Phone: 415/255-0690  Fax: 415/255-2327

The Purpose

A variety of therapies offer hope of living longer with a higher quality of life for people with HIV and AIDS. The mission of Staying Healthy with HIV is to provide practical information about what people can do now to support their health. We recognize and support the expertise of people with HIV/AIDS and draw upon their collective experience and wisdom.

The Book

The book Staying Healthy With HIV is a compendium of health promoting information gathered from a wide variety of sources, ranging from scientists and medical doctors to traditional healers and people with HIV/AIDS themselves. It discusses the action, dosage, research results, anecdotal reports, side effects and accessibility for over sixty alternative/complementary treatments, including holistic, off-label, underground, and clinical trials, with emphasis on affordable and available options. It also presents cutting-edge information on nutrition and HIV/AIDS, including specific guidelines from recognized experts in the field. A comprehensive resource guide includes over eighty organizations, periodicals, and books which provide information and access to alternative/complementary treatments. And there’s more.

The Workshop

The Staying Healthy with HIV workshop empowers participants to take charge of their health-care and establish a personalized health program. Participants become familiar with a variety of alternative and complementary medications, with information from both scientific and anecdotal sources. The workshops are modular in design, and can also include discussions on nutrition, stress management, understanding lab test results, and prophylaxis for opportunistic infections. The presenters do not recommend any particular treatments, but provide information and guidelines to help evaluate different options.

The People

David Baker and Richard Copeland have been developing and presenting Staying Healthy with HIV for over three years. David is a masters-prepared RN., specializing in health promotion for people with HIV and AIDS. Richard Copeland was the Director of the Healing Alternatives Foundation (AIDS Buyer’s Club in San Francisco.) They have presented the workshop at the 1992 and 1993 AIDS, Medicine and Miracles Conference and, in poster format, at the VIII International AIDS Conference in Amsterdam, in addition to hospitals, clinics and retreats. And in the spring of ‘93 they toured nineteen cities in the US and Canada, presenting to over six hundred enthusiastic people with HIV/AIDS, caregivers and service providers. David and Richard have each actively pursued various personal growth strategies for many years and share a strong commitment to spiritual values.

The Follow-Up

To order books, please use the order form on the reverse, or contact us. For information about bringing the workshop to your town, contact us. Please call, fax (note that the fax may not always be operating) or write to the above address.

The Ally

Staying Healthy with HIV is a project of the Center for Natural and Traditional Medicines, Washington, DC.
ORDER FORM FOR BOOK: Staying Healthy With HIV

Quantity: | Price: | Shipping & Handling (In the US):
---|---|---
1 | $10.00 each | $3.00
2 | 9.00 each | 3.00
3 - 10 | 9.00 each | 6.00
11-30 | 8.50 each | 12.00
31-100 | 7.75 each | 20.00
More than 100 | 7.00 each | Free

Prices subject to change.

**Organizations who will be providing the book to their clients at no cost** may purchase from 10 up to 100 for $7 each. Order must be paid for by company check and accompanied by a letter, signed by the Executive Director or department head, stating that the books will not be sold, nor will donations be solicited for them. Regular shipping charges apply.

**International Orders:** Contact us for details.

All orders will be sent in plain packaging, with no reference to HIV or AIDS. **Before filling out this form, please make a few copies (both sides, please) to distribute to interested parties.**

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**CUT ALONG DOTTED LINE**

- I would like ________ books × $________ = SubTotal $________
  (number) (price)
- Within California, add state and local sales tax. SubTotal × .085 = $________
  (Exempt organizations must submit resale number: ________________)
- Shipping and Handling, from chart $________
- Grand Total (Add SubTotal, Tax and Shipping) $________

**No phone or fax orders. U.S Funds only.** Checks should be made out to: CNTM / Staying Healthy With HIV

Send order form and a check, money order or cashier's check to:

Staying Healthy With HIV
13-B Belcher Street
San Francisco, CA 94114

**Ship To:** Name: ________________________________

Company: ________________________________

Street Address (NO P.O.BOXES): ________________________________

City: ________________________________ State: ______ Zip/Postal Code: ________________

Country: ________________________________ Phone Number: (____) Fax Number: (____)

Date: ________________ Address is: [ ] Business [ ] Home
A WAY TO SURVIVE THE A.I.D.S. EPIDEMIC

Based on the Metaphysical Teachings of the Ancient Masters

by

Thomas Alan Berg

Palm Publications
We’re proud to present the Azure family of nutritional supplements, formulated specifically for the nutritional needs of those living with HIV.

Living in San Francisco and taking care of friends living with HIV for close to 20 years provided lots of opportunity to consider ways to make our friends’ journeys easier and healthier.

We have brought together a great team to give you personal service, the finest-quality products, and a program designed to benefit people in the HIV community.

Thank you for your support

Al Farmer and Andy Cramer, co-founders
Azure Wellness System

Our vision

The Azure Wellness System is committed to bringing a sense of vitality, renewal and hope to everyone associated with the HIV Community.

Azure holds itself to the highest professional and ethical standards and is dedicated to social responsibility. Azure strives to help our community become healthier, more educated and supportive from within.

Azure believes in making life complete.

What is the Azure Wellness System?

The Azure Wellness System is a family of nutraceutical products (a blend of vitamins, minerals, and supplements) that have been specially formulated for the nutritional needs of people living with HIV.

Azure also offers a daily multivitamin (Mega Mix) designed for people who are not living with HIV, but wish to support our company and the HIV community.

Why are Azure Wellness System Products unique?

Search the entire planet and you won’t find another product researched and designed like ours. The reason the Azure Wellness System is unique is that our board of advisors, who are doctors, experienced healthcare professionals and people living with HIV guide all our product development, customer service, and distribution plan. We recommend that you contact your physician before starting any program of nutritional supplementation.

Facts that you will want to know:

- The Azure Wellness System provides a single source for your nutritional supplement needs.
- All of our ingredients meet or exceed the highest manufacturing and quality standards in the industry.
- Our formulations reflect the nutritional yield of ingredients and not just their advertised raw weight.
- Our manufacturing facility is inspected by the FDA for quality and adheres to the highest professional standards.
- Our specific formulations reduce the number of pills required to meet your nutritional needs, thereby reducing your cost and unnecessary packaging.
- People with food allergies will be pleased to note that Azure Wellness System strives to produce products without yeast, wheat gluten, soy protein, dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring unless absolutely necessary.
- Azure Wellness System has created a one-of-a-kind purchasing system, the Azure Wellness Partner Program that allocates 15% of all purchases to Azure Program Sponsors and Azure Beneficiaries (non-profit HIV community-based organizations).

* This product does not diagnose, treat, cure, prevent, or mitigate HIV, AIDS, their related symptoms, or the side-effects of any drugs or treatment therapies related thereto. This product has been formulated to address the specific nutritional needs of individuals who are affected by HIV or AIDS. Please consult with your health care professional before taking this or any other dietary supplement.
Some of the people involved in the Azure Wellness System

**Marge Poscher, MD,** heads a group of doctors, healthcare professionals, and people living with HIV who have come together to serve as the nutritional advisory board for the Azure Wellness System. Dr. Poscher and her team shared the nutritional supplement regimens they commonly recommended in their work for people living with HIV and their knowledge of vitamins and supplementation for the general public. Dr. Poscher practiced medicine as an HIV doctor in San Francisco for more than 10 years. She founded Quest, an HIV Specialty group, where she and five other doctors, along with 10 other healthcare professionals treated over 2,500 patients for all aspects of their HIV healthcare.

"Nutrition is an essential component to any wellness program, and is particularly important for people living with HIV. Many people are unaware of the vitamin and mineral deficiencies that commonly occur as a result of HIV infection or that those who supplement with vitamins tend to stay well longer. Many of the common HIV associated syndromes, such as neuropathy and lipoatrophy, are now thought to be caused by mitochondrial toxicity, either as a result of chronic HIV infection or side effects of antiretroviral therapies. Supplementation with compounds that play a role in mitochondrial function, including Coenzyme Q10 and L-carnitine, may support cellular energy production. Although food is the most ideal source for nutrients, people with HIV are frequently unable to get the amount of nutrients they require from food sources alone. Although the addition of nutritional supplements to an already complex medical regimen can be daunting, I believe it is essential and needs to be available in as simple a fashion as possible."

**Andy Cramer,** Co-founder, has been involved in the LGBT community for more than 25 years, most notably as founder of Headline retail stores and CEO and founder of Online Partners, the parent of gay.net and gay.com.

**Jim Patterson,** VP of Sales, brings more than 20 years experience leading companies whose main missions are to improve individuals’ physical and financial well-being.

**Greg Ewald, RD, LD,** Manager of Client Resources and Customer Support, has more than 20 years experience as a Registered and Licensed Dietitian. Greg most recently served as the coordinator of the medical nutritional therapy implementation for the Ryan White Care Act, in the state of Florida.

**Krandall Kraus,** Advisory Board Member, living with AIDS since 1986, served on the State of California Ryan White Working Group. He was also special consultant to the White House on education and cultural matters.

**Chris Newell, Pharm.D.,** Advisory Board Member, has been HIV+ for seven years and holds a Doctor of Pharmacy Degree from U of P Stockton. Chris has worked as a hospital pharmacist, and in pharmacies specializing in HIV wellness in San Francisco. Chris also volunteers for Gay.com on the HIVLIFE channel.

**Oliver W. Starr,** Compliance, Training, and Product Development, Oliver has over a decade of experience working with many of the largest nutrition companies, helping to create over 300 different dietary supplement products, educating thousands of people about the benefits of nutritional supplementation.

Profiles in Courage and Love

Tom Finan and Randy Wendelin are life partners and good friends with Andy Cramer and Al Farmer, founders of Azure. Active in the sport of bodybuilding as well as health education in the field of HIV/AIDS, Tom and Randy were the initial inspiration for the Azure product line.

They both lived with HIV/AIDS for many years and Tom and Randy helped focus the priorities for the product line. Tom wanted the amount of pills to be less complicated and easy to access compared to what he was currently dealing with, which totaled 41 pills daily. Tom was also looking for an easy way to purchase the vitamins and nutritional supplements, rather than having to go to 3 different retail locations to get the correct combinations. Randy wanted a product that would be affordable for people like him, who were on fixed incomes, given they were both spending over $300.00 a month on their vitamins and nutritional supplements.

The Azure product line met both their goals. Azure offers an easy daily nutritional regimen with a minimal amount of pills, and is very affordable. Sadly, on July 26, 2001, on a sunny day at the beach, Randy collapsed into Tom’s arms and passed away of a sudden heart attack. Tom wanted to do something for Randy to honor him and their love for bodybuilding.

Azure is proud to announce that we will be sponsoring Tom as he competes in the physique competition at the Gay Games in Sydney in 2002. If you plan to be in Sydney for the games, please come and cheer Tom on.
Why You Should Take Vitamins, Minerals, and Other Nutritional Supplements:

Vitamins are critical. In fact, by definition, a vitamin is a nutrient that is not manufactured by the human body but is essential for life. Although most of us generally meet the RDI (Referenced Daily Intake) for those nutrients recognized as essential by the USFDA, what most of us don’t realize is that the amounts recommended in the RDI are not the amount of nutrients required to promote optimal or ideal health, but merely the minimum amounts necessary to prevent nutrient deficiencies.

Furthermore, the RDI is based upon averages, so it fails to specifically address the needs of the very young, the aged, people that lead very active or stressful lives, and particularly the needs of people that have other conditions that may dramatically influence their nutrient requirements.

Beyond this, many nutrients that are not recognized as essential for human health nevertheless possess profound benefits for supporting optimal physical well-being. Many of these nutrients aren’t found in foods we normally eat, or need to be used in amounts that aren’t reasonable based on any normal diet.

In addition, adding additional vitamins, minerals and other nutrients can:

- Provide support for optimal immune function
- Provide targeted nutrition for specific systems or tissues, such as joints, digestion, cardiovascular health, to support a normal blood lipid profile, and maintain a healthy metabolism
- Increase your body’s ability to protect itself from free radical induced damage
- Guarantee that you consume at least the RDI for all essential nutrients

Suggested Usage of Vitamins and Nutritional Supplements

When taking daily multivitamins, some people choose to take them in the morning all at once, while others prefer to break them up over two, or even three times per day. There is little research suggesting that one method is superior to the other, but there is evidence that nearly all vitamins are absorbed better with food.

If you have a sensitive stomach, you may find that breaking up the daily intake to two or even three times over the course of the day works better for you. However, it does not compromise your absorption of the product if you take it all at once. Although there are some people that suggest breaking up your intake maintains a more level amount of nutrients in your system, no research has been conducted demonstrating this has any significant effect on the performance of any vitamin or nutritional supplement.

Finally, a simple nutritional program for people living with HIV.

Azure Products are formulated to require fewer pills to swallow and fewer containers to store:

<table>
<thead>
<tr>
<th>Product</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Azure Core Pak</td>
<td>7 pills</td>
</tr>
<tr>
<td></td>
<td>1 bag</td>
</tr>
<tr>
<td>Leading National Retailer</td>
<td>41 pills</td>
</tr>
<tr>
<td></td>
<td>32 bottles</td>
</tr>
<tr>
<td>Azure Mega Mix</td>
<td>6 pills</td>
</tr>
<tr>
<td>Leading National Retailer</td>
<td>39 pills</td>
</tr>
<tr>
<td></td>
<td>36 bottles</td>
</tr>
</tbody>
</table>

Product Comparison done on October 1st, 2001

A word about Azure's Ingredients...

Many nutrients, including a number of those found within the Azure Wellness System's products are available in several forms. Some companies, to increase their profit margin or cut product costs will choose a less expensive form of nutrients where such a choice exists.

At Azure, our commitment is to produce the highest quality and most scientifically sound products possible. Each ingredient within every Azure product has been selected based upon its recognized value for promoting health, as determined by published, peer-reviewed scientific research, as well as by studies regarding optimal absorption. Additionally, Azure's Nutritional Advisory Board has accumulated decades of experience working with many nutrients and we have chosen many forms of nutrients based upon actual experience with people living with HIV/AIDS.
The Azure Family of Products

Core Pack
The Core Pack is Azure's daily multivitamin supplement pack containing the key ingredients in optimal amounts recommended by our advisory board for the nutritional needs of people living with HIV.*

Page 10

Heart and Circulation Pack
The Heart and Circulation Pack utilizes the most effective natural ingredients to help maintain normal cholesterol when your cholesterol levels are already in the normal range.*

Page 12

Memory Pack
The Memory Pack contains key nutrients that help support memory and cognitive function.*

Page 16

Joint Pack
The Joint Pack utilizes breakthrough discoveries in natural supplements now acknowledged and widely used to support normal joint function.*

Page 14

Mega Mix
The Mega Mix is Azure's daily multivitamin supplement for people with healthy immune systems.*

Page 11

L-Glutamine
Glutamine is extremely important for normal functioning of the intestinal tract. It is taken up by the cells of the gut as a primary source of energy and enhances sodium and water absorption. It also supports skeletal muscle protein synthesis and is consumed by white blood cells as a fuel source.*

Page 13

GI Pack
The GI Pack contains nutritional ingredients that help maintain normal intestinal function.*

Page 13

Neuro Pack
The Neuro Pack contains a balanced mixture of nutrients for maintenance of normal nervous system function.*

Page 14

Lipo Pack
The Lipo Pack contains nutrients which may help maintain normal fat metabolism when it is taken in conjunction with a sensible diet and reasonable exercise.*

Page 12

Energy Mix
The Energy Mix combines nutrients to maintain optimal energy levels.*

Page 16

L-Carnitine
Carnitine is an amino acid involved in a variety of metabolic processes in the body. It is a critical component of fatty acid oxidation in the mitochondria, which produces ATP, the energy source for all cells. L-carnitine supplementation helps support normal cellular energy production and normal fat metabolism.*

Page 15

Men's Health Mix
The Men's Health Mix contains nutrients and botanical compounds to help support male urino-genital health.*

Page 15

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
The Core Pack is the heart of the Azure Wellness System and contains key nutritional ingredients at specific levels requested by many people living with HIV. If you are living with HIV, this product will provide you with essential vitamins, minerals, and other nutrients designed to support optimal health.

- More than 100% of the RDI for 17 different critical vitamins and minerals
- Research-supported amounts of critical antioxidant compounds N-Acetyl-Cysteine, Vitamins A, C, and E, Selenium, L-carnitine, Alpha-Lipoic Acid, and Coenzyme Q10
- Chelated minerals for optimum absorption
- The Core Pack is specifically designed to reduce the cost and sheer number of pills and bottles necessary to achieve this extreme degree of nutritional support

### Supplement Facts

**30 day supply (individually wrapped in pouches)**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (as Retinyl Palmitate)</td>
<td>10,000 IU</td>
<td>50%</td>
</tr>
<tr>
<td>Vitamin B1 (Thiamine)</td>
<td>1.0 mg</td>
<td>55%</td>
</tr>
<tr>
<td>Vitamin B2 (Riboflavin)</td>
<td>1.0 mg</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin B3 (Niacin)</td>
<td>100 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Vitamin B5 (Pantothenic Acid)</td>
<td>250 mg</td>
<td>6670%</td>
</tr>
<tr>
<td>Vitamin B6 (Pyridoxine HCI)</td>
<td>100 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Vitamin B9 (Folate)</td>
<td>150 mg</td>
<td>300%</td>
</tr>
<tr>
<td>Vitamin C (as Ascorbic Acid)</td>
<td>1000 mg</td>
<td>1000%</td>
</tr>
<tr>
<td>Vitamin D3 (Ergocalciferol)</td>
<td>800 mg</td>
<td>200%</td>
</tr>
<tr>
<td>Vitamin K1 (Phylloquinone)</td>
<td>10 mg</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin K2 (Menaquinone-4)</td>
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<td>Calcium (as Ascorbate)</td>
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<tr>
<td>Phosphorus (as Phosphate)</td>
<td>50 mg</td>
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<tr>
<td>Iron (as Ferric Amino Comp)</td>
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<td>30%</td>
</tr>
<tr>
<td>Magnesium (as Magnesium Aspartate Complex)</td>
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<tr>
<td>Zinc (as Zinc Chelated)</td>
<td>15 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Copper (as Copper Sulphate)</td>
<td>1 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Manganese (as Manganese Aspartate Complex)</td>
<td>10 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Chromium (as Chromium PICs)</td>
<td>50 mg</td>
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<tr>
<td>Molybdenum (as Molybdenum Krebs)</td>
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<td>100%</td>
</tr>
<tr>
<td>N-Acetyl-L-Cysteine</td>
<td>1200 mg</td>
<td>1000%</td>
</tr>
<tr>
<td>L-Carnitine</td>
<td>50 mg</td>
<td>1000%</td>
</tr>
<tr>
<td>Alpha Lipoic Acid</td>
<td>100 mg</td>
<td>1000%</td>
</tr>
<tr>
<td>Selenium (as Selenium Krebs)</td>
<td>50 mg</td>
<td>1000%</td>
</tr>
<tr>
<td>Copper (as Copper Gluconate)</td>
<td>2 mg</td>
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</tr>
<tr>
<td>Magnesium (as Magnesium Aspartate Complex)</td>
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</tr>
<tr>
<td>Chromium (as Chromium PICs)</td>
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<td>Molybdenum (as Molybdenum Krebs)</td>
<td>0.5 mg</td>
<td>1000%</td>
</tr>
</tbody>
</table>

### Additional Nutrients

- Other ingredients: Cellulose, silicon dioxide, and vegetable stearate.
- *Krebs* – Citrate, Fumarate, Malate, Glutamate, and Succinate Complex.

*This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives, or flavoring.

---

The Mega Mix is a Multivitamin designed for people who do not have the same nutritional needs as someone with HIV*, but who nevertheless have physical and mental stress and therefore wish to support their health with additional nutritional supplementation.

The Mega Mix appeals to the mature, busy individual who has to keep going. Most generic multivitamin packs offered by others tend to miss some of the most important ingredients (and the higher amounts) needed by those of us who lead active or stressful lives. We’ve put it all the things that most of us need in order to perform at peak levels throughout the day and into the evening and to help us generally look and feel great.*

- 100% or more of the RDI for 15 critical vitamins and minerals
- Chondroitin and Glucosamine to provide extra support for joint and connective tissue health
- Extra antioxidant support from Ginkgo Biloba, L-Carnitine, Selenium, and Co Q10

Many Americans don’t get enough of certain nutrients. The water-soluble B vitamins, in particular, tend to be low or lacking in part due to our high consumption of highly refined carbohydrates. These same B vitamins are critical for many metabolic processes including energy production and the metabolism of proteins, carbohydrates and other micronutrients. Further physical and emotional stress can exacerbate losses of these compounds. To counter this, Azure’s Mega Mix provides over 100% of the RDI for the following B vitamins to support optimal health: Vitamin B1, Vitamin B2, Niacin/Vitamin B3, Vitamin B6, Vitamin B12, Biolin, Pantethenic Acid/Vitamin B5. In addition to the B vitamins, Mega Mix has more than 100% of the RDI for Manganese, Vitamin E and Selenium.

In addition to their roles as basic nutrients, each of these compounds also acts as an antioxidant and provides protection from the cellular damage caused by free radicals. However, to provide this protection, these nutrients must be consumed in amounts that exceed their respective RDI’s including the amount that we would typically consume as part of our daily diet. Although these amounts may seem excessive, because your body does not store these nutrients any unneeded amounts will simply be excreted.

**Azure Nutritional Advisory Board Statements:**

- "Mega Mix includes a number of nutrients crucial for promoting optimal health, including L-Carnitine to support cellular energy production, Co-enzyme Q10 and other antioxidants to fight free radicals, and a number of time honored ingredients used for hundreds of years in the east including ginseng, gingko, garlic, and royal jelly. The Mega Mix also includes vitamins C, E, A, K and the full range of B vitamins as well as minerals." **

**WARNING:**

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

---

**Mega Mix**

**30 day supply (bottle)**

### Other ingredients:

- Citrate, Fumarate, Malate, Glutamate, and Succinate Complex
- *Krebs* – Citrate, Fumarate, Malate, Glutamate, and Succinate Complex.

*This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives, or flavoring.
The Lipo Pack includes ingredients well known for their role in helping maintain normal fat metabolism when used in conjunction with a program of diet and exercise.*

- 1000mcg of Chromium Picolinate and 100mg of L-Carnitine Tartrate, two nutrients well known to support metabolic processes.
- 100mg of Riboflavin to support carbohydrate metabolism.
- 25mg of Coenzyme Q10 to support cellular energy production and as an antioxidant.

Azure Nutritional Advisory Board Statements:* "The Lipo Pack includes ingredients well known for their role in cellular energy production as well as for their ability to transport fatty acids into cells where they can be most efficiently utilized for energy. In addition, both L-carnitine and co-enzyme Q10 have been extensively studied for their roles in promoting cardiovascular health. Co Q10 is also a well-known antioxidant and has been found to be beneficial for supporting many aspects of health. Chromium has long been associated with supporting a normal cellular response to insulin while riboflavin plays an important role in the metabolism of carbohydrates."**

Heart and Circulation Pack*
30 day supply (indiv. wrapped packs in a bag)

The Heart and Circulation Pack contains an array of natural ingredients that support cardiovascular health. Maintaining a healthy heart as well as a healthy blood lipid profile is an essential part of any well-conceived personal wellness program.*

- 2000 mg of heart healthy essential fatty acids from fish oils.
- 400mg of "flush free" Niacin from Inositol Hexaniacinate.
- 2 grams of dietary fiber per serving.

Azure Nutritional Advisory Board Statements:* "Fiber, fish oils, and garlic have been used for many years and can help support the maintenance of your cardiovascular system. Studies have shown that puerarin may help keep blood lipid profiles within the normal range, while Vitamin E has been found to protect LDL from oxidative damage. Substantial amounts of damaged LDL are thought to be a primary risk factor for heart disease. Garlic has been shown in numerous scientific studies to support circulatory system health by reducing platelet aggregation. A massive body of evidence also supports the numerous cardiovascular benefits associated with the fish derived essential fatty acids EPA and DHA.***

GI Pack*
30 day supply (indiv. wrapped packs in a bag)

The GI Pack has been carefully formulated to support optimal gastrointestinal health and to replenish the beneficial bacteria your body needs to extract key nutrients from the foods you eat, as well as to support healthy digestion of food. For many people, struggling with minor GI issues is a fact of life.*

- Contains the digestive enzymes Amylase, Pancreatin, and Lipase to support optimal digestive function.
- Includes two kinds of beneficial bacteria to replenish the natural flora of the gut that can be lost due to the use of certain medications.
- Also has ginger root to promote a calm stomach.

Azure Nutritional Advisory Board Statements:* "Certain medications can cause the loss of essential, beneficial bacteria in the intestinal tract. This formulation contains acidophilus to replace the normal flora of the GI tract, digestive enzymes to aid in the absorption of nutrients and support normal digestive processes. Ginger is well known for its effect as a digestive tonic and also for its powerful antioxidant activities."**

L-Glutamine*
30 day supply (powder)

L-Glutamine is provided in the Azure Wellness System because it is extremely important for normal functioning of the intestinal tract. It is taken up by the cells of the gut as a primary source of energy and enhances sodium and water absorption. It also supports skeletal muscle protein synthesis and is consumed by white blood cells as a fuel source.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 scoop (14 grams)</th>
<th>Servings Per Container: 30 day supply</th>
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</thead>
<tbody>
<tr>
<td>L-Glutamine 14g</td>
<td>* Daily Value not established</td>
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</table>

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives, or flavoring.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Neuro Pack®
30 day supply (individually wrapped packs in two bags)

The Neuro Pack has been specifically designed to provide key nutritional compounds that support neurological health. For many people, additional targeted nutritional support is important for maintaining a healthy peripheral nervous system. We designed the Neuro Pack to be taken in conjunction with either the Core Pack or the Mega Mix, which contain the vitamins B1, B2, B6, and B12.

- Includes research recommended amounts of Biotin, Calcium and Choline.
- Contains the powerful antioxidant Lipoic acid.
- Includes Gamma Linoleic Acid, an essential fatty acid that supports nerves and nerve sheaths.

Joint Pack®
30 day supply (individually wrapped packs in a bag)

The Joint Pack contains a combination of natural ingredients that have been scientifically demonstrated to help maintain the health of joints as well as connective tissue. For a variety of reasons, from aging to overuse related to participating in athletic activities, many people need additional nutritional support specifically for their joints.

- 1500mg of Glucosamine and 1200mg of Chondroitin, more than typically every other brand.
- Horsetail grass standardized to 10% silicic acid, which provides elemental silica, an ingredient essential for healthy bones and connective tissue.
- Copper to support super-oxide-dismutase production, an antioxidant critical for normal joint function.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 capsules</th>
<th>Servings Per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copper</td>
<td>2 mg</td>
</tr>
<tr>
<td>Glucosamine Sulfate 2 KCl</td>
<td>1500 mg</td>
</tr>
<tr>
<td>Chondroitin</td>
<td>1200 mg</td>
</tr>
<tr>
<td>Horsetail Grass</td>
<td>300 mg</td>
</tr>
<tr>
<td>(standardized to 10% silicic acid [7.8% silica] in a 100 mg base of non-standardized horsetail)</td>
<td></td>
</tr>
</tbody>
</table>

Azure Nutritional Advisory Board Statements:
Both glucosamine and chondroitin play an important role in the synthesis of the long chain sugars used to build and maintain healthy cartilage as well as for the production of synovial fluid, the substance that "lubricates" joints. Copper is a critical building block for collagen and elastin, which provide the structural integrity and elasticity of tissues, organs and bones. Horsetail grass contains elemental silica, which is a vital element for healthy skin, nails, bones and tendons. In combination, these ingredients may work synergistically to help maintain healthy joint function.

Men's Health Mix
30 day supply (bottle)

The Men's Health Mix has been specifically formulated to provide targeted nutritional support for this critical component of overall physical well being. From time to time, all men can use additional nutritional supplementation specifically to support normal reproductive organ function and urogenital health. This is particularly true for men experiencing any form of physical or mental stress.

- Contains Saw Palmetto Berry to inhibit the conversion of testosterone into DHT.
- Includes 2mg per dose of Lycopene, an antioxidant that research shows provides specific free radical protection for the prostate.
- Supports inflow of blood to the penis with the herb Yohimbe.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 capsules</th>
<th>Servings Per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copper</td>
<td>2 mg</td>
</tr>
<tr>
<td>Saw Palmetto</td>
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</tr>
<tr>
<td>Bre Pollen</td>
<td>100 mg</td>
</tr>
<tr>
<td>DHEA</td>
<td>50 mg</td>
</tr>
<tr>
<td>Yohimbine Standardized Extract (Bark) (standardized to 7% yohimbine)</td>
<td>2 mg</td>
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</tbody>
</table>

Azure Nutritional Advisory Board Statements:
Each of the ingredients in the Azure Men's Health Mix have been carefully selected for their role in supporting male-specific health.
Lycopene, for example is a powerful antioxidant that appears to be especially important for maintaining a healthy prostate. Saw palmetto berry is known to inhibit the conversion of testosterone into DHT a hormone that is known to contribute to prostate concerns, while yohimbine supports improved inflow of blood to the penis.

L-Carnitine
30 day supply (bottle)

L-Carnitine is provided in the Azure Wellness System because it is an important amino acid involved in a variety of metabolic processes in the body. It is a critical component of fatty acid oxidation in the mitochondria, which produces ATP; the energy source for all cells. L-carnitine supplementation helps support normal cellular energy production and normal fat metabolism.

- Each serving contains 1000mg of supplemental L-Carnitine Tartrate with no binders, fillers or excipients.
- Affordably priced to make this critical nutrient widely available.

L-Carnitine

<table>
<thead>
<tr>
<th>Serving Size: 2 capsules</th>
<th>Servings Per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-Carnitine</td>
<td>1000 mg</td>
</tr>
</tbody>
</table>

Other ingredients: Gelatin (capsule), cellulose, and vegetable stearate.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives, or flavoring.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Memory Pack
30 day supply (indiv. wrapped packs in a bag)

The Memory Pack contains natural ingredients that have been carefully selected because of their long history of use as well as research supporting their beneficial effects on memory and cognitive function. Maintaining optimal cognitive function is a common concern among many people. With all the things that demand our attention, even simple—absent-mindedness can be frustrating and inconvenient. Conversely, better concentration and improved memory are something from which anyone can benefit.

• Contains 500 mg of the memory enhancing nutrient Acetyl-L-Carnitine
• Includes powerful support for brain cell membranes with a blend of phospholipids
• Includes the herbs Huperzine A and Ginkgo Biloba, two herbs recognized for their beneficial effects on memory and brain function

How the Products are Manufactured

The Azure Commitment to Excellence

When we began developing the Azure Wellness System we knew from the outset that Azure products and formulations must:

• Meet or exceed the highest manufacturing standards in the industry
• Use only those ingredients and amounts recommended by our nutritional advisory board
• Dramatically reduce the total number of pills necessary on a daily basis
• Eliminate unnecessary duplication of ingredients which could cause potential overdosing of some nutrients and/or unnecessary expense
• Offer the extra nutritional support HIV+ individuals require as simply as possible
• Eliminate potential sources of allergic reaction including: yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring unless otherwise noted.

Azure Products Manufacturing and Quality Control

All Azure products are manufactured in a state-of-the-art facility by a high-end, specialty manufacturer with over 45 years of experience as an industry leader. At each step in the manufacturing process, standard operating procedures guarantee that each product meets strict criteria for bioavailability, dissolution activity, and potency. Stability and microbiology testing is also conducted to guarantee that Azure products maintain their potency for extended shelf life.

In addition to meeting the FDAs stringent USP standards, our manufacturer's facilities also meet and exceed standards established by the Canadian Health Organization as well as the Commission of the European Communities.

Azure's Packaging

The Azure Wellness System's packaging is another example of our approach and commitment to quality. We carefully chose our packaging to reduce cost, simplify identification of each product, maintain product integrity, and avoid wasteful expenses. To accomplish this, the Azure Wellness System uses:

• Bags instead of boxes to reduce bulk, weight and cost
• Individual pill packs, where applicable, for freshness and portability
• UV protective translucent bottles so you can see when you are running low
The Azure Wellness Partner Program

From the very beginning, we knew we wanted to define ourselves, rather than be defined by those who have gone before us in the nutraceutical industry. We want to accomplish three goals from the sale of Azure Products:

• Supply the highest quality nutritional supplements available
• Support the efforts of community based organizations who help people living with HIV
• Provide everyone the opportunity to obtain optimal nutritional supplementation, regardless of their economic situation

Each time a purchase is made, our community-owned and operated business distributes 15% of every dollar spent either to Azure Beneficiaries or Azure Sponsors, through the Azure Wellness Partner Program:

Azure Beneficiaries

We have selected a number of non-profit HIV/AIDS organizations that are working with people living with HIV in many different ways. At the end of every purchase, if you don’t have an Azure Sponsor, you will be asked to select one of these non-profit organizations. We will make a donation in the amount of 15% of your purchase to that non-profit. If you would like to suggest that another organization be added to our list, just call our toll free number and let us know.

Azure Sponsors

Many individuals have experienced a loss of personal income as a result of their own or a loved one’s HIV-related illness. The Azure Wellness Partner Program allows individuals to earn supplemental income or Azure Product credits:

• First, sign up to get an Azure PIN (Partner Identification Number) by calling our toll free number and asking about the program
• Next, simply tell your friends about us, point them in the direction of our website, or our toll free number, and be sure they use your Azure PIN.

It's that simple. We will automatically credit your account with 15% of any sales that are made with your Azure PIN.

Glossary

Azure Customers: Individuals who buy Azure products
Azure Sponsors: Individuals who promote the sale of Azure products
Azure Beneficiaries: Non-profit organizations that receive contributions from Azure
**Nuestra Misión**

La misión del Proyecto Aumento Inmunológico es promover la cura y el bienestar de la comunidad proporcionando Medicina Tradicional China y otras artes curativas de categoría, accesibles y económicas.

**¿Quiénes somos?**

El proyecto Aumento Inmunológico comenzó en el año 1983, como un medio holístico para el tratamiento de personas con el VIH/SIDA y con problemas inmunes relacionados. El proyecto se incorporó como una clínica sin fines de lucro en el año 1993. Hoy día, nuestra clínica se ha expandido substancialmente e incluye una gama completa de servicios de salud, con énfasis especial en personas con acceso limitado a la medicina.

**A qué nos dedicamos?**

Nuestro objetivo es su bienestar y vitalidad y trabajaremos con usted para determinar los tratamientos que complementen y fomenten un estado de salud óptima. Le ayudaremos a tratar las gripe y los resfriados, las alergias, el dolor físico, el abuso de las drogas, la aflicción emocional, la depresión, la ansiedad, el insomnio y el estrés, como también los síntomas causados por el VIH-SIDA, el cáncer, la hepatitis y la artritis.

En colaboración con otras agencias ofrecemos el Programa Comunitario de Acupuntura y Masaje (CAMP, sus siglas en inglés) en varias localidades de San Francisco. Nuestra meta es promover la salud y el bienestar de todos los miembros de la comunidad que de otra manera, no tienen acceso a los servicios de IEP.

**Apóyanos!** Su contribución a nuestro proyecto será bienvenida. Sus donativos de dinero, de recursos, o su participación como voluntario en nuestra junta directiva o en la clínica constituyen una valiosa parte en nuestra prosperidad. Por favor llámenos o pregunte en la recepción de qué manera podrá contribuir a la comunidad con su apoyo.
Ofrecemos una gama completa de tratamientos con un enfoque holístico. Nuestros servicios se adaptan a sus necesidades y pueden ser complementarios a regímenes de medicina tradicional. Nos comprometemos a crear y mantener un ambiente cómodo, relajado, profesional y sanativo. Valoramos la diversidad de personas que nos visitan y ponemos gran empeño en crear un entorno de confianza y comodidad para todos nuestros clientes.

Los servicios de IEP son para todos……… especialmente aquellos con escaso o inadecuado acceso a servicios médicos.

La Medicina Alternativa Complementaria (CAM) es la medicina holística que abarca la Medicina China tradicional y otras artes curativas, incluyendo la acupuntura, la medicina de hierbas, el masaje, la nutrición y el ejercicio. La MAC fomenta la curación de la mente y el cuerpo por medio del equilibrio, el relajamiento, el fomento de la resistencia a la enfermedad, el manejo del estrés, la disminución de la ansiedad, y el alivio del dolor, ayudándole a sentirse más energético(a) y vivo (a).

La Acupuntura ayuda a que el cuerpo logre equilibrio y salud mediante la estimulación de uno o más de los 350 puntos de acupuntura que existen. Dicho estímulo crea o impulsa el Qi (la energía vital en circulación) y la sangre, que en términos científicos (de la medicina occidental) ocasiona cambios químicos, eléctricos y funcionales measurables que promueven la salud. La Organización Mundial de la Salud (siglas en inglés WHO) reconoce que la acupuntura contribuye al tratamiento de numerosas enfermedades y trastornos, inclusive desequilibrios de la auto-inmunidad, gripe, resfriado, insomnio, dificultades mentales y emocionales, y hasta la artritis.

La Terapia de Masajes puede ser sumamente efectiva para el alivio del dolor, el estrés, la neuropatía, el insomnio, la ansiedad, la cíatica, las lesiones deportivas, y el logro de una sensación de bienestar general. Los principios de masaje terapia del IEP están basados en el respeto hacia el cuerpo humano en cualquiera de sus diversas formas y tamaños. Nuestros masajistas incorporan una combinación de modalidades y técnicas dentro de un ambiente terapéutico, para así satisfacer los requerimientos de salud particulares de cada cliente.

El Reiki es una técnica de relajación práctica, segura, y poderosamente efectiva que actúa a la misma vez como un método muy cómodo para fomentar y reforzar la capacidad natural del cuerpo a sanarse por sí mismo. El IEP ofrece sesiones de Reiki dirigidas por voluntarios, el 1er y 3er martes de cada mes (por la tarde o noche). Favor llamar al 415-252-8711, Interno 309, para hacer una cita.

Costo: el IEP se compromete a proveer tratamiento contínuo y a bajos precios. El costo de nuestros servicios particulares se ofrece en base a una escala de pago móvil (según sus ingresos). También aceptamos seguro de salud privado y Medi-Cal.
Reginald McDaniel, M.D., Research Scientist and International Lecturer at the 3rd and 4th World AIDS Conferences

A Dynamic New Message of
HOPE
FOR YOUR HEALTH
AN OPPORTUNITY TO LEARN
HOW TO PROTECT YOUR IMMUNE SYSTEM

△ Hear the important results of new clinical testing
△ Learn to stimulate the natural process of defense and healing within your body
△ Improve your quality of life and discover a key element that may slow the aging process

LECTURE AND DISCUSSION
△ Thursday July 6, 1995 7:00 p.m.
St. Francis Room St Mary’s Cathedral
Geary and Gough Streets
△ Tickets: $3.00 advance $5.00 at the door

Additional info contact Steven Keller 415 242 0995
Over 1200 persons and 400 practitioners across the nation are currently using IEP’s protocol with immune-enhancing and anti-viral Chinese herbs in tablet form. The University of Miami Medical School began a pilot study of the effects of the IEP protocol in May of 1991.

IEP is currently using a 4 year old protocol monitoring the effects of these herbal formulas on persons with HIV, ARC, and AIDS. As an incentive to participants we offer the following: T Cell tests at the beginning and end of the program, 12 week supply of herbal tablets, 3 acupuncture sessions, consultations as needed, R.N. support services, and lectures on immune enhancing strategies. The program fee is $190 for 12 weeks of participation. If purchased separately, the products and services provided would cost approximately $600.

For more information on the program and on the results obtained thus far come to our orientation meeting on July 3rd, 1991 at 7 - 9 P.M at 3450 16th Street (between Church and Sanchez) or call us at (415) 252-8711.

Now accepting Visa and Mastercharge. For persons outside the Bay Area, please inquire for referrals or mail-order services.
MEDICINAL MARIJUANA FOR PEOPLE IN NEED

Open Monday thru Saturday
11:00 A.M. to 4:00 P.M.

3180 17th Street, San Francisco
(at South Van Ness • wheelchair accessible)

Original letter of diagnosis for HIV/AIDS, cancer, multiple sclerosis, glaucoma, or epilepsy plus CA Driver's License, Passport or California I.D. required.
AIDS MEXICO

NEW DRUG SECRET-
NOW AVAILABLE
RESEARCH
MEXICO

CONTRACT:
089-5780

X-RAYS, FORMULA.

STUDIES.

PHOTOS.

SOURCES OF SUPPLY.

MEDICAL REPORTS.
AIDS ARC
RESEARCH FROM NEW MEXICO
DRUG SECRET—NOW AVAILABLE
GET THE FACTS
MEDICAL REPORTS
STUDIES
PHOTOS
XRAYS
FORMULA
SOURCES OF SUPPLY
CONTACT:
979-5780
FOR RECORDED MESSAGE
AND COMPLETE DETAILS.
If this state is **reached** and **maintained**, while the virus(es) will be present, you will NOT HAVE TO DIE and your quality of life will be good.

**FOR FURTHER INFORMATION**

**(403) 277-0199**

Kardec Alternative Medicine Clinics, Incorporated

#100, 635 - 6 Ave. S.W.
Calgary, Alberta, Canada
T2P 0T5

OR

IN YOUR AREA, CALL:

CALL DR. MacPHerson, 781-7800
IN S.F. BETWEEN NOV. 9 & NOV. 13 ONLY

**AIDS?**

**MAYBE YOU DON'T HAVE TO DIE!**

Published by
Kardec Alternative Medicine Clinics, Incorporated

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Kardec Alternative Medicine Clinics, Incorporated
If you have been diagnosed by a licensed medical physician as having AIDS or ARC (Aids-Related Complex) and if you are not responding to your current treatment, then, there is a VIALBE, INEXPENSIVE Alternative choice of treatment for you.

Kardec Alternative Medicine Clinics, Incorporated of Calgary, Alberta, Canada offers a THREE WEEK TREATMENT PROGRAM (with continuous monitoring for the rest of your life) for many serious illnesses including AIDS and ARC.

Our course of treatment includes:
• Spiritual Healing
• Herb Treatments
• Diet
• Lifestyle
• Lifetime Monitoring

For only three hundred ($300.00) dollars in Canadian funds, you are GUARANTEED Spiritual (Psychic) Healing by Top-Name Healers flown in from long-time successful clinics in Brazil, Fully-Competent Herb Doctors and a GUARANTEE that your personal medical physician may check the program and monitor the results of our treatments!

If you are unable financially or otherwise to travel to Canada, we will (subject to state laws) hold our clinics where you live (a minimum of 100 patients applying).

No, we don't claim to rid your body of the virus(es) causing AIDS or ARC. What we GUARANTEE is to endeavour by our Alternative Medicine therapies, AT A PRICE YOU CAN AFFORD, to create a state within your body where the condition is kept under control and from progressing.
If this state is reached and maintained, while the virus(es) will be present, you will NOT HAVE TO DIE and your quality of life will be good.

FOR FURTHER INFORMATION

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No, we don’t claim to rid your body of the virus(es) causing AIDS or ARC. What we GUARANTEE is to endeavour by our Alternative Medicine therapies, **At a Price You Can Afford**, to create a state within your body where the condition is kept **under control** and from progressing.
Myth: Marijuana is a significant cause of emergency room admissions.

Fact: The U.S. government reports that "marijuana-related" emergency room episodes are increasing. However, the government counts an emergency room admission as a marijuana-related episode if the word marijuana appears anywhere in the medical record. For example, if a patient tests positive for marijuana because he/she used marijuana several days before the incident occurred, or if a drunk driver admits he/she also smoked some marijuana, or if anyone involved in the incident merely possessed marijuana, the government counts the emergency room admission as a "marijuana-related episode."

In fact, less than 0.2% of all emergency room admissions are marijuana-related. Alleged marijuana-causes-emergencies propaganda seems to be a carefully crafted attempt by the federal government to make marijuana appear dangerous.

(All facts collected from Marijuana and Hemp: The Untold Story at http://cannabis.com/untoldstory)
Myth: Today's marijuana is more potent and more harmful than it was many years ago.

Fact: The reality is that marijuana is literally one of the least toxic substances known. There is no medical evidence to show that high potency marijuana is more harmful than low potency marijuana.

In fact, high potency marijuana is actually preferable because less of it is consumed to obtain the desired effect; thereby reducing the amount of smoke that enters the lungs and lowering the risk of any respiratory health hazards. Claiming that high potency marijuana is more harmful than low potency marijuana is like claiming that wine is more harmful than beer.

Myth: Smoking marijuana can cause cancer and serious lung damage.

Fact: The chance of contracting cancer from smoking marijuana is minuscule. Tobacco users typically smoke 20 or more cigarettes everyday for decades, but virtually nobody smokes marijuana in the quantity and frequency required to cause cancer. A 1997 UCLA study concluded that even prolonged and heavy marijuana smoking causes no serious lung damage. Cancer risks from common foods (meat, salt, and dairy products) far exceed any cancer risk posed by smoking marijuana. Respiratory health hazards and cancer risks can be totally eliminated by ingesting marijuana in baked foods.

Myth: Marijuana contains over 400 chemicals, thus proving that marijuana is dangerous.

Fact: Coffee contains 1,500 chemicals. Rat poison contains only 30 chemicals. Many vegetables contain cancer-causing chemicals. There is no correlation between the number of chemicals a substance contains and its toxicity. Prohibitionists often cite this misleading statistic to make marijuana appear dangerous.

Myth: Marijuana is a gateway drug in that it leads to harder drugs.

Fact: The U.S. government's own statistics show that over 75 percent of all Americans who use marijuana never use harder drugs. The gateway drug theory is derived by using blatantly flawed logic. Using such irrational thinking, alcohol should be considered the gateway drug because most cocaine and heroin addicts began their drug use with beer or wine, not marijuana.

Myth: Marijuana use impairs one's learning ability.

Fact: A 1996 U.S. government study claims that heavy marijuana use may impair learning ability. The key words are heavy use and may. This claim is based on studying people who use marijuana daily — a sample that represents less than one percent of all marijuana users. This study concluded:

1) Learning impairments cited were subtle, minimal, and may be temporary. In other words, there is little evidence that such learning impairments even exist.

2) Long-term memory was not adversely affected by heavy marijuana use.

3) Casual marijuana users showed no signs of impaired learning.

4) Heavy alcohol use was cited as being more detrimental to the thought and learning process than heavy marijuana use.

Myth: Marijuana is addictive.

Fact: Marijuana is not physically addictive. Medical studies rank marijuana as less habit forming than caffeine. The legal drugs of tobacco (nicotine) and alcohol can be as addicting as heroin or cocaine, but marijuana is one of the least habit forming substances known.
If you are healthy and HIV+, earn over $100/mo. for 4 hrs of time.
YOU MAY BE ABLE TO HELP THE FIGHT AGAINST AIDS BY DONATING PLASMA ...and get free lab results including t-cells!

PRELIMINARY QUALIFICATIONS
over 400 t-cells
never any HIV related sickness

We are conducting a clinical trial called passive hyperimmune therapy (PHT). People who produce a high level of antibodies donate plasma, which is processed and given to people who can no longer make their own antibodies. Phase I and II have been encouraging enough to proceed with phase III, but it means increasing from 150 to 800 patients, which requires us to add many more plasma donors.

Can you help?
For more information, please call:

415-399-0971
RULES OF THE CLUB

• Only persons with a letter of diagnosis from a physician may sign up.
• Purchases for people other than club members is not allowed.
• No alcohol or under the influence.
• Cigarette smoking in designated areas only.
• Must show ID card for admittance.
• You are permitted to bring both your care-giver and/or a friend. You must first obtain a visitors card.

SB-1364 IS GOOD MEDICINE

History: State Senator Milton Marks, a Democrat, along with Republican Gil Ferguson sponsored a bill to reschedule marijuana to Schedule II to allow physicians to prescribe.

SB-1364 was endorsed by seven county Boards of Supervisors • four California cities • Orange County Academy for Family Physicians • Physicians Association for AIDS Care • National Lymphoma Foundation • California Nurses Association • AIDS Project LA • California Legislative Council for Older Americans • Marin County Commission on Aging • Americans for Compassionate Use (sponsor) • California Senior Legislature (sponsor). It was also endorsed by seven major newspapers up and down the state.

It was this coalition that saw SB-1364 pass both the State Senate and State Assembly with bipartisan support. Unfortunately, Governor Wilson, on September 30, 1994 vetoed the will and wishes of the people of California, thus guaranteeing that the war on sick people will continue. Despite the Governor's veto we will not give up until justice is done and they stop using patients as pawns in this never-ending war on drugs.

• On a local level, we can urge the Board of Supervisors to suspend the laws that jeopardize the Buyers' Club's existence, much as they do with the Needle Exchange Program.
• On a state level, watch for the Compassionate Use Act of 1996—a half million signatures to be collected to put the issue before the voters.
• On a federal level, you are urged to write letters to Bill Clinton letting him know how strongly you feel about this issue.

This Club is dedicated to all the young people who have lost their lives to AIDS. Through their life and their death they have taught us the meaning of hope and compassion. It is in their memory that we seek to leave a legacy of love.

Through the legalization of medical marijuana, we hope to help society reorder its priorities. It is through the pain of my own loss that I have dedicated my life to this goal. By helping other people, our own lives will be enriched.

Jonathan, this is your eulogy...

Love,

Dennis Peron
San Francisco
December, 1994

I do not know the future, but I do know that for one brief moment in history there was The San Francisco Cannabis Buyers Club and it was about love!
THE FOUNDING THE CANNABIS BUYERS’ CLUB

- June, 1991
  Dennis Peron and friends collect 16,000 signatures to place a Marijuana As Medicine initiative on the ballot. The initiative is dedicated to Jonathan West, who died of AIDS in 1990.

- November, 1991
  San Francisco voters vote by the largest plurality in SF history (80%) to restore marijuana as medicine.

- August, 1992
  The SF Board of Supervisors unanimously votes to order the SFPD and the District Attorney to place the enforcement of laws preventing marijuana to be used as medicine as their lowest priority. Mayor Frank Jordan signs Resolution 741-92.

- September, 1992
  California State legislature votes to restore marijuana as medicine—the vote was bipartisan. The advisory is sent to President Clinton.

- February, 1994
  The Cannabis Buyers’ Club opens at its present location.

- August, 1994
  SB-1364 passes the California legislature, rescheduling marijuana to allow physicians to prescribe. The vote is bi-partisan.

- September, 1994
  Governor Wilson vetoes SB-1364, citing his opinion that we must protect physicians as federal law supercedes state law.

THE MANY VARIETIES OF MARIJUANA

Although there are many strains of marijuana, all have been shown to have medicinal value. Therefore, our rating system is designed to help guide you in your purchase of marijuana.

WELCOME TO THE CANNABIS BUYERS’ CLUB—SAN FRANCISCO

MENU BOARD

Californian Green: Grown locally reputedly the strongest marijuana in the world. High THC content, therefore used in lesser quantities. Also most costly.
AAA Green: Medical grade.
AA Green: Lower THC content.
Mexican: For centuries Mexicans have been growing marijuana. Recently, the quality has risen. Many of our cancer patients cite a preference to Mex due to the fact that it does not get them as euphoric as the Cal Green.
AAA Mex: The highest grade Mexican. Can even rival Cal Green.
AA Mex: A lower grade but still effective.
A Mex: Also called “marijuana helper.”
Marijuana Treats: Various confections made with marijuana for those people who cannot smoke.
Merry Pills: Our version of Marinol, except that ours works! Simply, it is high grade marijuana soaked in virgin olive oil, lightly heated and capsuled.
Marijuana Tincture: For centuries marijuana was used in tincture form by soaking it in alcohol. That releases the active ingredient, which enables you to ingest it in liquid form.
Baking Leaf: Usually very inexpensive, used for the baking of your own confections.

Our friendly, courteous staff will help you make your decision as to what your needs are and how to fill them. As to prices, we are forced to purchase this marijuana on the underground market, often at inflated prices. A small mark-up is added to cover operating costs and to be able to afford to better serve you. We are working toward bringing the prices down.

THE PURPOSE OF THE CANNABIS BUYERS’ CLUB

This not-for-profit club is open to all people being treated by a physician for any condition that can benefit through the use of marijuana. It was founded in the wake of the AIDS epidemic, with the goal of alleviating suffering. Since our inception in 1991 we have helped thousands of afflicted people. We have also worked to change the laws which prevent people from using marijuana to help alleviate their symptoms.

To continue on our mission we pledge to offer you:

- A safe, clean environment
- Mold and pesticide-free marijuana
- Social club atmosphere
- Literature concerning AIDS and cancer information updates
- A friendly, compassionate staff in a empathetic environment

MEMBERS, ON THE CLUB

“Before I found the club I bought my marijuana in the Civic Center. I was stabbed and robbed. At the club I feel safe.”

Jason

“I was arrested in Dolores Park for trying to purchase marijuana. I have HIV. I spent eight hours handcuffed to a bench. At least in the club, if we get busted they’ ll run out of benches.”

Charles

“Before the Club I spent many lonely hours by myself in my small room in the Tenderloin. I’ve made friends through the Club. I’m not alone anymore.”

Janis
THE PHILOSOPHY

THAF is based on the philosophy that AIDS is a treatable disease. That philosophy is accompanied by the conviction that people with AIDS, ARC, or HIV-Positive test results should become informed about and involved in their own program of treatment. The belief is that self-empowerment can be a critical asset in pursuing effective approaches to treatment.

THE CLIENTS

THAF was formed in April of 1987 in direct response to community need for access to treatment information and to alternative products.

THAF’s client population is now over 700 and growing steadily. The clients of THAF are those who have assumed a positive and aggressive approach towards treatment. They come to THAF for information about both traditional and alternative treatments, and for the opportunity to share and exchange information with others who are actively involved in structuring their own approach to treatment, and for access to alternative therapies.

WHERE AND HOW TO REACH US

THE HEALING ALTERNATIVE FOUNDATION
273 Church Street
San Francisco, California 94114
(415) 626-2316
Open Tuesday through Saturday 1:00 P.M. — 5:00 P.M.

The Healing Alternative Foundation is a non-profit, charitable organization.

INFORMATION EXCHANGE SESSIONS
Metropolitan Community Church
150 Eureka Street
San Francisco
Every Tuesday night 7:30 P.M.

Alternative products are available for purchase at THAF headquarters, and at the regular Tuesday night Information Exchange.

AIDS: THE ISSUE IS LIFE

Alternative Treatment Information and Access

THAF
THE HEALING ALTERNATIVE FOUNDATION
THE APPROACH

ACCESS
THAF, through its collective purchasing power, offers a range of alternative products to its clients on a cost-effective basis, including:

- Egg Lecithin-Lipids
- Stabilized Aloe Vera Juice
- Vitamins and Immune Boosting Nutritional Products at 40% to 50% Savings

As the organization continues to grow, THAF will identify, secure, and distribute additional discounted products.

THAF is also actively involved in cooperative planning, information exchange, and advocacy with other organizations in the Bay Area and in the nation, working to assure that people with AIDS, ARC, and HIV-positive test results are able to obtain relevant products on a timely and affordable basis.

THAF makes no medical claims for the products it distributes.

INFORMATION

THE INFORMATION EXCHANGE
Regular Tuesday night meetings offer updates on standard, experimental, and alternative treatments, as well as information concerning the ethical and public policy issues involved in AIDS research. A question and answer format enables participants at these sessions to seek information relevant to their particular interests and needs. You are invited to attend every Tuesday night at 7:30 p.m. at the Metropolitan Community Church, 150 Eureka St., San Francisco.

THE AIDS TREATMENT LIBRARY
A comfortable setting at THAF headquarters houses a wide range of contemporary books about AIDS, as well as books covering areas such as nutrition, wellness, holistic healing approaches, psycho-social factors, the immune system, vitamins, and alternative treatments. In addition, over thirty printed hand-outs are organized for easy identification and access, covering specific treatment approaches. The THAF staff and volunteers are available to direct you to the information you need, and to answer your questions.

AIDS TREATMENT MINI-LIBRARIES
To assure that people with AIDS, ARC, and HIV-positive test results are able to gain easy access to information about alternative and emerging therapies, a network of mini-libraries has been created and distributed. To date, libraries have been placed in bookstores, libraries, clinics, and AIDS organizations in San Francisco, Oakland, Berkeley, and the Santa Clara Valley. THAF has received and will attempt to meet demands for additional libraries both locally and across the nation.

TREATMENT CASE HISTORY FILES
Cross-indexed case history files are now being initiated and maintained with assistance from volunteers and clients. The files include categorized information on: opportunistic infections, with details of problems and symptoms experienced; standard and alternative treatments, with information concerning intended results, actual results, and side effects; and patient ratings on their experience with doctors and health care practitioners. These files, based on subjective information from THAF clients, significantly increase the individual's ability to gain experience, information, ideas, and advice from others with AIDS, ARC, and HIV-positive test results.
INTRODUCTORY EVENINGS: SAN FRANCISCO

Thurs, July 6: Healing Circle with Niro
66 2 Sanchez, 7:30 to 9:30pm (861-4964)

Mon, July 10: S.H.A.R.E. ON THE ROAD
an evening with Niro, Wil and George
Metropolitan Community Church,
150 Eureka, 7:30 to 9:30pm (284-7459)

Wed, July 12: AN EVENING FOR CAREGIVERS
with Niro and Amitabh. Co-sponsored with
Kairos House, at Quan Yin Healing Arts Center
1748 Market St, 7:30 to 9:30pm (861-4964)

Tues, July 18: WHO HEALS INTRO
with Niro and Amitabh
66 2 Sanchez, 8 to 10pm (284-7459)

Participants

"The SHARE program broadened my capacities for helping patients
with AIDS and enabled me to achieve a deeper self love that has so
enriched my life."

David F. Velkoff M.D., Medical Director,
Drake Foundation for Behavioral Medicine, Research and Education.
Santa Monica, CA

"I have learned that healing is a continuous process and not something that
is done and set aside! The safety of the healing space created by S.H.A.R.E.
has permitted me to explore issues that required very deep soul-searching
and consequently had wonderful results."

Wil Garcia, Mill Valley, CA
(in full remission from AIDS)

"During the workshop, I received enough energy to face my fear of dying
and to realize that I could greet death when it comes with open arms. Now
I can truly live."

Jon Shintaku, New York

"The course helped me to understand that I am totally responsible for my
life, including my health. Before taking the course I felt my health was
dependent upon someone else providing me with the magic pills or
solution. Now I know that I have that ability and power within myself"

Roger Talle, Denver, CO

S.H.A.R.E.
The Foundation for the Self-Healing AIDS-Related Experiment
invites you to

Who Heals?
a program for discovering the "healer within"
designed for persons with life-threatening illnesses,
their lovers, caregivers, doctors and nurses.

with

Niro Asistent

and

Amitabh (Robert Birnbaum, PhD)

Each of us is capable of experiencing life in all of its
mystery, joy and beauty. But we have been taught
only to survive, not to live. In this struggle to survive,
our fear of living and dying grows, and the climate
for healing diminishes.

Healing occurs when we move beyond survival and
open ourselves, mindfully and heartfully, to explore
all that we are, including the unacceptable and
unforgiven. When we are willing to look honestly
into ourselves, we can move beyond survival into the
magic of the present moment where acceptance, love
and healing flourish.
Niro

Niro, formerly diagnosed with ARC, healed herself in May, 1986 reversing her HIV status from positive to negative. As the founding director of S.H.A.R.E., a therapist and a healer, Niro draws upon her varied training to assist others to live fully, free of their fear of living and dying.

Amitabh

Amitabh, (Robert Birnbaum, Ph.D. in clinical psychology UC, Berkeley) has over 25 years in the humanistic movement as a transformational therapist and healer. He is committed to assist himself and others in awakening to the inner voice that heals and to the less traveled journey that follows.

YOU

In the WHO HEALS program, as in life, there is only one healer. YOU. Amitabh and Niro serve as guides to assist you in discovering and trusting your own capacity to:

• access the healer within.
• explore your fear of dying and living.
• transform the fears of your illness to the celebration of your aliveness.
• discover greater clarity in making decisions regarding your medical treatment.
• learn methods for expanding your awareness to live your life fully in the present moment.
• develop a working dialogue between your inner child and your higher self.
• reevaluate your priorities to improve the quality of your life and support your healing.

Where

San Francisco

When

Part I: July 28-30
Friday eve 7-10pm
Sat & Sun 9 am - 6pm
August 2
Wednesday eve 7-10pm

Part II: August 5-6
Sat & Sun, 9am-6pm

New York WHO HEALS:
September 13 thru 17, 1989
for more information call
(212) 460-8074

Registration Form

☐ Register me for the San Francisco WHO HEALS program.

☐ Part I only $150

☐ Entire Program $250 (partial scholarships available)

Please print clearly

Name______________________________________________

Address______________________________________________

City________________________State__________Zip__________

Telephone (Day)________________________(Evening)________________________

Mail this form with check made payable to

WHO HEALS
1188 Estates Drive, Lafayette, CA 94549
(415) 284-7459
Balance is the key, to living well with HIV

The Quan Yin Healing Arts Center Guide to Comprehensive HIV Care: Integrating Complementary and Alternative Medicine with Western Treatment

Financial support for this publication comes in part through the SFOPH, AIDS Office.
Balance is the key to health. Combining Western medicine and complementary and alternative medicine (CAM) may help a person live a stronger, more enjoyable life.

Test yourself with this quiz:

True False

- Long-term drug therapy is physically and emotionally difficult.
- CAM may reduce side effects from HIV medications.
- Excessive alcohol and tobacco use may interfere with the immune system function.
- Neuropathy and sinusitis are treatable.
- Diarrhea and gastrointestinal problems can be controlled.
- Stress and anxiety are manageable.
- During treatment interruptions or changes in medications, CAM supports the body.
- Positive lifestyle choices strengthen the immune system.
- Supportive relationships provide the love we need to be healthy and happy.

People living with HIV/AIDS (PLWHA) have a history of being active in their own healthcare. Early in the pandemic, PLWHA advocated for more effective treatments.

Activists promoted the idea that PLWHA should have access to all potentially effective therapies and the right to make informed choices about which treatments to use, including CAM.

At the time, Western medical science offered limited treatments and PLWHA sought other options. Today many people include CAM as a highly valued and effective part of healthcare.

Quan Yin Healing Arts Center provides comprehensive CAM therapies

Although we still have no cure for HIV infection, advances in therapeutic drugs created by Western medicine give people hope, health, and longevity.

In spite of this success, many drug treatments produce a range of severe side effects. PLWHA look to CAM to help cope with these challenges.

whole foods have protective and disease preventive properties

acupuncture has over 3,000 years of history
Long-term use of drug therapy is hard on the body. Drugs used to treat HIV infection can be a double-edged sword. While they may do a good job of controlling the disease, they may cause debilitating side effects.

Chronic diarrhea affects some PLWHA. Not only does it produce extreme discomfort, it can destroy your appetite, deprive you of nutrition, and cause severe weight-loss.

Chronic diarrhea irritates the intestinal tract, making it more susceptible to additional infection. It is important to stop diarrhea before becoming chronic, holding it in check as the cause is found.

Diarrhea and gastrointestinal problems can respond effectively to CAM, once the cause is determined. Diet, exercise, moxibustion, herbal supplements, and acupuncture are commonly used for diarrhea.

Neuropathy may result from primary HIV infection or as a reaction to Western medications. Neuropathy is a loss of feeling, numbness, or tingling in the hands and feet. It is often progressive, leading to numbness of larger areas of the body.

Many PLWHA rely on Qi Gong exercises, acupuncture, nutritional supplements and massage to reduce pain and numbness and increase circulation and blood flow. Quan Yin Healing Arts Center has developed specific protocols to treat neuropathy.

Sinusitis, the chronic irritation and infection of the sinuses, is one of the most persistent problems associated with HIV. Sinusitis often responds to both self-care and practitioner assisted treatments. Changes in diet, acupressure, herbs and acupuncture can control symptoms and prevent long-term use of antibiotics.

Quan Yin Healing Arts Center offers a comprehensive CAM approach, connecting the physical, emotional, spiritual, and sexual dimensions of life; promoting healing on all levels to create your personal definition of health.

CAM supports the body during treatment interruptions. Consideration of nutritional management, including supplements and herbs, and reducing stress are powerful ways to strengthen your health.

Always keep your healthcare providers informed about therapies, whether they are CAM or Western medicine. This helps your practitioners provide appropriate care and keeps you safe.
Stress and anxiety are normal with any chronic condition. However, there are many ways to avoid the cumulative effects of stress and anxiety.

Massage, acupuncture, exercise, meditation, yoga, and Qi Gong are effective ways to impact and reduce the stress leading to risky behaviors. Preventing illness through health seeking behaviors is good medicine for everyone.

Substance abuse and harmful habits can be addressed with CAM, especially using acupuncture and Qi Gong. Minimizing substance abuse, including tobacco and alcohol, avoids weakening the immune system further—preventing colds and the flu.

Supportive relationships are primary to getting and giving the love we need in order to be healthy and happy. Laughing, singing, going to the movies, shopping or just hanging out with a friend heals the body/mind/spirit.

Joining support groups not only alleviates feelings of isolation. Group settings provide a space to share information on how you can get the most effective treatments within CAM and Western medicine.

Quan Yin Healing Arts Center specializes in care and treatment of PLWHA since 1984. The primary therapies we provide are acupuncture, massage, exercise, herbs, and nutritional modification.

Collaborating with other healthcare providers, we support a holistic philosophy, empowering the individual to be in control of their health and well-being.

Our purpose is to provide accessible, high quality, affordable acupuncture and Chinese medicine regardless of income. We are a 501(c)3 non-profit and wheelchair accessible.

The HIV program at Quan Yin Healing Arts Center follows protocols developed from more than 20 years of clinical experience; used by thousands of HIV positive clients. We support the integration of CAM and Western medicine to treat HIV and other chronic conditions.

Contact us to schedule an appointment:
Quan Yin Healing Arts Center
455 Valencia Street, San Francisco CA 94103
Phone: (415) 861-4964 • Fax: (415) 861-0579

our website provides more information on activities
www.qyhac.org

Thank you to all of the loving friends and extended family of Quan Yin Healing Arts Center.
“You are compassion in action!”
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Disinfectant/Cleaner
Bactericide/Fungicide/Virucide

AT LAST! A safe, effective and economical GERMICIDE for use on your favorite toys, douches, etc. Ever wonder if simply washing your latex and other non-porous items after use REALLY gets them clean?? Think about it... NOW you can stop worrying!! GERM-GON® is here!

A bactericide, fungicide and virucide, this highly concentrated germicide is UNIVERSITY TESTED and has been proven effective on INANIMATE objects against:

- **ESCHERICHIA COLI**
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- **SALMONELLA SCHOTTMUELLERI**
- **KLEBSIELLA PNEUMONIAE**
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**ALSO** — used as directed, GERM-GON® is virucidal against **HERPES SIMPLEX, VACCINA** and **INFLUENZA A**.

**GERM-GON®** cleans with biodegradable cleaning agents while it disinfects areas where bacterial growth can occur. SIMPLE TO USE!! Mix 1 oz. GERM-GON® with 1 gal. water/mist on toys, etc./let dry/rinse with clear water/relax... Safe/Effective/Economical/Timely. Available in HANDY 2 and 4 fl. oz. sizes. ASK FOR IT TODAY!!

**IT REALLY WORKS!!**

**GERM-GON®** IS NOT designed for use ON or consumption BY people.

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Positively Touching

A cabaret of outstanding talent to benefit POSITIVE BEING

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Razz Room
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Positive Being is a San Francisco nonprofit that brings healing touch to those living with HIV.

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www.therrazzroom.com

or call TicketWeb
Toll-Free (866) 468-3399

Tickets are $35

October 7, 2008
Rrazz Room
Hotel Nikko
222 Mason Street
AMOEBAS? 

FLAGYL CAUSES CANCER

FOR ORGANIC CURE CALL 864-8597

PHONE: GAY, GAY, GAY
THINK:

HIV positive?  
Or negative?

Are you doing everything you can to live free of common infections?
NO? Your best defense is a SILVER offense!

LIQUID SILVER is a natural, pure, non-toxic, germicidal product proven to fight over 650 debilitating conditions and pathogens. Its presence in your body works continually as a powerful weapon to keep your body free of destructive organisms. LIQUID SILVER is not a drug and is approved by the FDA as a nutritional supplement.

Call your support counselor today!
AIDS MASTERY

The AIDS Mastery is not about dying, it's about living," says Sally Fisher, founder of the 3-day workshop. "That AIDS is an inevitably fatal disease is NOT a fact. People with AIDS are healing themselves and living full rich, active lives. We are committed to supporting those who are surviving AIDS by providing a means to hear the messages our bodies have for us, and getting on with living full each day."

The AIDS Mastery is primarily for people with AIDS, ARC, and those closely associated with them. The workshop is designed to unleash your power, creativity, self-healing and self love, so that you can directly effect the quality of your life. The workshop uses one-on-one and group interaction, visualization, emotional expression, and discussion to put you in touch with the options you have in your living.

Northern Lights Alternatives is a nonprofit, tax exempt organization founded by Charles Baier, Sally Fisher and Victor Phillips to distribute alternative healing information and services for people with AIDS and the general community. N.L.A. in its first year produced over 30 AIDS Masters throughout the United States, Europe, and Canada.

For further information on N.L.A. contact:


Los Angeles: 2303 Bronson Hill Dr., Los Angeles, CA 90068, (213) 669-5395.

PWA Endorsements:

"I came here to learn how to die with grace. Instead, I discovered how to live with passion." M.C., New York, 5/86

AN ALTERNATIVE: Our World LIVING With AIDS

San Francisco Workshops - Every 6 wks.

Donation Fee: $250. No PWA or PWAR will be turned away for lack of funds.

For more information or to register, call:

(415) 553-2511

With Special Thanks to Dan Fauci & The Actors Institute
SURVIVAL QUIZ:

AIDS = IMMUNE DEFICIENCY
DRUGS = IMMUNOSUPPRESSION

AIDS + DRUGS = ?

Answer: WEAKER IMMUNITY!

Homeopathy raises immunity and powerfully stimulates the natural healing forces to overcome disease non-topically.

You passed! A+
Homeopathy Robert Dalpe 386-5527
You passed! A+
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Selenium will cure AIDS in 1 year!
Hear the news Thur 10am, 89.5 fm KPOO, Paul Kangas
415-861-0870
The cure is near!
Save Africa & America!
Web: members.tripod.com/ paul kangas
www.dadamo.com www.chiroweb.com,
members.tripod.com/goreassassination
A gay man is murdered...

His killer is given a light sentence...

We’re all enraged.

Thousands of gay men have been used as guinea pigs, maimed, physically deformed and died...

At the hands of pharmaceutical companies, AIDS Service Organizations and their own communities...

We call it science.

Where is the outrage? Where is the anger? Where is the questioning?

Health Education AIDS Liaison
A Healthy Alternative
415-835-0694
http://www.healsf.org
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SLIDING-SCALE SERVICES

COMPREHENSIVE SERVICES

IMMUNE SYSTEM BUILDING

Classes on “Sex, Nutrition, & Exhaustion”

Note: $8 Donation/Class Requested For Classes

Classes Starting:

July 13, 1983  Habitat Center, 3897 18th St., San Francisco
Mid-July  Red Victorian Hotel, S.F., CA.

Earl A. Montross

10 Yr. experience

10% of your donation CAN be designated
for your favorite charity

RESERVATIONS REQUIRED
FREE INTRO.- VICTORIAN
7-14-83  7:30 P.M.
ALTERNATIVE TREATMENT MODALITIES FOR HIV/AIDS

ACUPUNCTURE & CHINESE HERBS
Mark Denzin
Licensed Acupuncturist

CHIROPRACTIC & NUTRITION
Barbara Berkeley
Doctor of Chiropractic

HYPNOSIS & STRESS REDUCTION
Van R. Ault
Certified Clinical Hypnotherapist

PHYSICAL THERAPY
Jeannie Hauser
Registered Physical Therapist

Find out how these treatment methods can support your health and improve your quality of life!

SATURDAY, AUGUST 28, 2-4 PM
at MCC, 150 Eureka Street, San Francisco
A FREE COMMUNITY FORUM

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Health Food Store
presents
Nutrition Seminar
ALTERNATIVE MEDICINE FORUM
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PAUL H. STUETZER
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INTEGRATED METABOLIC PROGRAMS
IN MANAGEMENT OF A.I.D.S.

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IMMUNOSTIMULATION IN THE IMMUNE DEFICIENT PATIENT
DR. ABRAHM H. KRYGER M.D.
Holistic Physician, Carmel, CA

MEDICRATES AND YOUR HEALTH
MICHAEL CULBERT
Vice President, American Biologies

NUTRITION AND THE IMMUNE SYSTEM
MICHAEL ROSENTHAL MS, RD.
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DEMONSTRATION OF THE "HLB" BLOOD TEST IN DIAGNOSING A.I.D.S.
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President, American Biologies

Open to the Public
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BUSH & GOUGH
SAN FRANCISCO, CA

For more information - (415)864-4376

SATURDAY, MAY 7, 1983
7:30 p.m. - 10:00 p.m.

THIS IS THE FINAL EVENT OF THE A.I.D.S. AWARENESS WEEK WHICH IS BEING SPONSORED BY THE A.I.D.S./K.S. FOUNDATION
AIDS has become the potential #1 new disease threat. AIDS is spreading in epidemic proportions. One person a day in San Francisco dies from AIDS. It is estimated that one in ten males in San Francisco could contract AIDS by 1987. Formally believed by many to be restricted to the gay community, AIDS is now spreading rapidly throughout the general population.

A cloud of fear, resignation and confusion is affecting many of us. Living with the fear of contracting AIDS has itself become a unique psychological crippling.

You do not have to live with this cloud of fear hanging over your head. There are sound, practical, positive steps you can take to eliminate the risks of becoming a victim of this tragic, painful and deadly disease. The course AIDS: HOW TO KEEP FROM GETTING IT, WHAT TO DO IF YOU HAVE IT, is a unique one day course in which you will discover:

- the true source of AIDS not generally recognized by the medical community,
- nutritional and lifestyle factors in the onset of AIDS,
- sane, practical steps to eliminate the risks of contracting AIDS,
- the most useful steps you can take if you have AIDS, and
- how to have sound health for the rest of your life.

At the end of this course you'll know 10 times more about AIDS than you know now. You'll know how to protect yourself and remove the anxiety associated with always wondering if you could be next.

AIDS: HOW TO KEEP FROM GETTING IT, WHAT TO DO IF YOU HAVE IT costs $95.00. It will be held Saturday, February 16, 9AM - 6PM in San Francisco. Your full tuition will be refunded if you are not completely satisfied. You have everything to gain and nothing to lose. TO REGISTER, send the coupon below with your check or money order made payable to: American Center for Macrobiotics, 2566 California Street, SF, CA 94115, or phone 931-5571 for further information.

FREE INTRODUCTORY LECTURE: JAN. 16 & FEB. 6. $7.00 at the door. (Admission FREE with this flyer.) 6:30PM

So you can find out more about this course two introductory lectures have been scheduled at 2566 California Street, SF (phone 931-5571). Everyone is welcomed and encouraged to attend. If you bring this flyer with you, admission is free for you and your guests.

REGISTRATION FORM
Please register me in AIDS: HOW TO KEEP FROM GETTING IT, WHAT TO DO IF YOU HAVE IT. My check or money order for $95 is enclosed.

NAME ____________________________ AGE ____________
ADDRESS ____________________________
CITY ____________________ STATE _____ ZIP ______
PHONE H ( ) _____________________ W ( ) __________________

American Center for Macrobiotics, 2566 California St., SF, CA 94115 Phone 415-931-5571.
STRESS and your IMMUNE SYSTEM

Medical research has identified stress as a major factor in disease and the suppression of the immune system. The same research has demonstrated dramatically that when the stress is corrected the immune system recovers and accompanying diseases are then healed.

Learn more about this important insight into stress and its affect on the immune system, and how you can eliminate stress through the techniques of TRANSFORMATION PROGRAMMING.

Attend a FREE introductory class

For information on time and location call 558-9881

THE UNITY NETWORK
AIDS, COLDS, FLU, ETC., CURED BY FOOD-GRAD
HYDROGEN PEROXIDE (35%)

For more details and sources for this oxygen therapy send $2.00 (check or money order) with self-addressed, stamped envelope to:

Bio-Research Co.
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Rohnert Park, CA 94928
HIV Positive?

You can now lower your risk for respiratory infections with HEPA air filtration in your home or office. This is not a health claim but a way to improve your health outlook by allowing you to breathe room air that has been purified to hospital operating room standards.

What is HEPA air filtration?
The HEPA (High Efficiency Particulate Air) or absolute filter was developed and perfected by the military during World War II and used by the Atomic Energy Commission for filtering out microscopic airborne radioactive dust and other contaminants. HEPA was subsequently used in hospital operating rooms and burn units, and its present uses include industrial "super-clean" rooms for electronics manufacturing, computer operations, missile aiming and guidance systems, pharmaceutical and other drug formulation plants, biomedical research and asbestos removal. The U.S. Government still holds all patents and licenses on HEPA.

The HEPA filter is composed of a mixture of various sized glass (boro-silicate) fibers. It filters air particles down to .1 micron, smaller than the size of bacteria and most viruses. Because air from the HEPA filter is free of 99.97% of all bacteria, it has rapidly come into use in medical applications, such as care of patients under treatment involving immunological isolation, care for burn victims, and surgeries. In the latter case, large wall banks of HEPA filters provide a continuous flow of sterile air over the operating table. There are HEPA filter products that are registered with the FDA as medical devices. HEPA filtration has been doctor prescribed and reimbursed by medical insurance.

How can I obtain HEPA air filtration?
Until recently, HEPA filter units were not available to the public for home use; they were only available on a commercial scale at considerable cost. NSA has contracted with a licensed manufacturer of HEPA and now offers it to the public for the first time at an affordable price. An attractive room unit, it looks like a large stereo speaker and has a quiet low speed setting for night time use.

EnviroPure
Air/Water Purification
P.O. Box 1984, S.F., CA 94101
(415) 469-5813

nsa
Model 7000A
HEPA Air Filter

Free 1 week trial offer in S.F. Bay area. Call or write for free brochures.
On exhibit at AIDS Symposium, Meridien Hotel, S.F., June 22-24, 1990
Particle Size of Common Air Contaminants

1 Micron = 1 Micrometer = 1 Millionth of a Meter

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PEOPLE CAN STOP FEELING HELPLESS IN THE FACE OF AIDS!

...You can help those living with fear of contracting the virus
...You can help those with the dormant virus to lessen mental and physical conditions that activate viruses.
...You can help those with the active virus reduce stress, overcome fear and learn to fight back with their mind with the clear possibility of prolonging and increasing the quality of life.

THE NORTHWEST SCHOOL OF CLINICAL HYPNOTHERAPY, training people in the newest "method of the mind" for combating stress and improving health, has made a commitment to reach out to those wishing to play an active role helping people fight the AIDS virus.

The team of Henry Snyder and Marilyn Michael has spent 14 years of research, writing and now teaching in the field of hypnotherapy, specifically the use of hypnosis to help fight serious illness of viral origin. The approach they created is now known widely as NEURO-THERAPY, based on the latest neurological information.

BECOME A NEURO-THERAPY SPECIALIST
Receive the most professional training available in a "method of the mind" to improve health.

RATE OUR PROGRAM AGAINST OTHERS OFFERED:
- Method taught is based on the latest neurological understanding of the mind, unlike the older, analytical or behavioral methods of hypnotherapy taught in other programs.
- Individual therapy sessions given free to students.
- Textbook and materials created specifically for this training.
- Training is specifically in the newest, neurologically-based methods, but all uses of hypnosis are covered.
- Includes a proven-effective program to help people control the smoking addiction, known as the S.M.A.R.T. 6-Day Smoking Program.
- Professionally designed support base available to graduates for aid in building a clientele after training is completed. (This includes the widely shown, multi-media presentation known as THE S.M.A.R.T. Seminar.)
- Membership in the INTERNATIONAL NEURO-THERAPY ASSOCIATION.

DESIRE A CAREER CHANGE?
Why not train as a NEURO-THERAPY SPECIALIST "Taking Hypnosis Into The Future?"
Advanced degrees or specialized training are NOT prerequisites for admission into this program. Graduates are certified as a Clinical Hypnotherapist with an added specialty in NEURO-THERAPY. This field is open to anyone willing to develop specific skills in using hypnosis to help others. A realistic opportunity for part-time or full-time income. Train while maintaining a current job. Classes are held one evening, for twenty weeks, at a local university.

NEED TO EXPAND YOUR PROFESSIONAL SKILLS?
Learn a powerful tool for helping people control stress and it's effects.

MDs, nurses, psychotherapists, hypnotherapists and others in the helping professions have found this the highest quality and most useful training available involving hypnosis. It is strictly clinical, thus, respected by medical professionals. It is cause rather than symptom focused. NEURO-THERAPY is the newest, clinically based use of hypnosis. It extends the skills of those who chose to use more traditional approaches to hypnotherapy. IT GOES BEYOND ANY OTHER PROGRAM, being the most complete and truly holistic training method now offered using hypnosis.

HELP PEOPLE FIGHT THE DEVASTATING HEALTH PROBLEMS FACING THEM TODAY.
Everyone is facing physical and psychological problems caused or aggravated by stress and there is growing pressure on people to control smoking, alcohol and drug addictions. Here is a chance to train to work as a professional, act as a friend or help yourself fight back at forces deteriorating health.

Throughout their work, this method has proven so effective with viral conditions that Henry Snyder and Marilyn Michael always maintained a policy of seeing cancer patients free. Now, in the face of the AIDS epidemic it is their desire to train people willing to help with AIDS and to see this valuable help offered free to those who need it the most. They are so committed to seeing those with AIDS benefit that there is work ongoing to create The S.M.A.R.T. Foundation, to develop ways of subsidizing the work of individuals trained in the SNYDER MICHAEL Method who are willing to work with AIDS.

The five month, state licensed vocational program begins February 13, 1992 on the Seattle University campus. Classes are held one evening a week from 7:00 pm to 9:00 pm. The cost of the training is $950. A payment plan is available.

FIND OUT MORE...CALL 392-2983
Leave a message that you are inquiring about the training.

PEOPLE HELPING PEOPLE THE S.M.A.R.T. WAY
Snyder Michael Approach to Relaxation Therapy
The Fear of AIDS
WILL CRIPPLE MORE LIVES
THAN THE PHYSICAL DISEASE ITSELF

In his cassette tape Conquering the Fear of AIDS
Kim DePree gives you mental tools that can eliminate
unnecessary fear and direct us to health.

Fear is a state of mind and is therefore something you can
control. Help yourself or someone close to you and learn to
overcome this devastating fear.

Mr. Kim R. DePree's story is living proof that happiness is
possible if we can break the bond of fear. He has undergone
five major operations and a series of chemotherapy in a battle
to cure his cancer. He has overcome the disease and his fear.
Kim shares with you this experience and the wealth of knowledge
from his years as a psychological counsellor.

Conquering the Fear of AIDS is part of the "Road to
Health" tape series that concentrates on the role of the mind
in the healing process. This program is sponsored by the
Leadership Institute.

A donation to AIDS counselling and research
will be made for every order received.

The Leadership Institute  P.O. Box 2585  Berkeley, CA 94707
(415) 787-2002

☐ Please send me the Conquering the Fear of AIDS
tape at $10.33 plus 67c tax for California residents.
☐ Enclosed is my check made payable to The Leadership
Institute.
☐ I prefer to charge to:

Visa □ MasterCard □

Visa No. ____________________________
MC □ Exp. Date

Charge card customers may call
to place their order.

-please print-

No. of tapes__________ Amount enclosed__________________
Name__________________________
Address__________________________
City/State/Zip______________________
YOU ARE INVITED TO A
Special Advent-Time
Spiritual RETREAT
for

- PEOPLE WITH AIDS & ARC,
- CAREGIVERS & OTHERS DOING AIDS-RELATED WORK,
- ANYONE SEEKING A MORE INDIVIDUALIZED FAITH
  COMMITMENT IN THE CIRCUMSTANCES OF THE
  PRESENT.

The choice of autobiographical themes was inspired by the words of
the person with AIDS who said: "The most difficult thing is not the
dying, but the living."

Led by:

- Father Lou McKernan, C.S.P., a licensed Therapist
- Father Chris Cartwright, S.J., U.S.F., campus ministry
- Father Michael Lopes, O.P., Archdiocese of San Francisco AIDS
  Ministry

Time: 9 A.M. - 5 P.M.

Day: Saturday, Dec. 7th

Place: St. Francis Church, 152 Church St. (opp. Safeway)

Cost: No charge

Food: Brown bag or go out for lunch in the neighborhood.

Sign-up: Because space is limited, please sign up at the coffee
  hour after the Dignity Sunday Mass, or call 282-9298

Sponsored by DIGNITY HOSPITAL MINISTRY. Dignity is an
organization of gay & lesbian catholics.
AIDS: Are You One of The "Worried Well"?

Self-Healing Group in this Age of AIDS
for the "Worried Well" and the Diagnosed:

- Deep Relaxation, Guided Imagery
- Strong, Healthy Self-Image
- Releasing, and Emotional Cleansing
- Stopping Negative Thought
- Loving Support and Self-Acceptance
- Positive Affirmations

$15 for 2-Hour Session

TIME: Every 1st and 3rd Thursday, 7-9 pm.
PLACE: 108c Fillmore at Hermann (near Market St. Safeway)

MARY RICHARDS: Certified Hypnotherapist (Walnut Creek private practice); Seminar Leader; Author;
Nationally known for her relaxation/subliminal tapes, including "Opt for Vibrant Health in This Age of AIDS",
"AIDS ... A Self-Healing Process", and "Strong Immune System".

IRIS STALLWORTH: Certified Hypnotherapist (San Francisco private practice); Seminar Leader.

Reserve your space!

CALL IRIS: 861-1479 or MARY: 945-0941
The AIDS Mastery is not about dying, it's about living," says Sally Fisher, founder of the 3-day workshop. "That AIDS is an inevitably fatal disease is NOT a fact. People with AIDS are healing themselves and living full rich, active lives. We are committed to supporting those who are surviving AIDS by providing a means to hear the messages our bodies have for us, and getting on with living full each day."

The AIDS Mastery is primarily for people with AIDS, ARC, and those closely associated with them. The workshop is designed to unleash your power, creativity, self-healing and self love, so that you can directly effect the quality of your life. The workshop uses one-on-one and group interaction, visualization, emotional expression, and discussion to put you in touch with the options you have in your living.

Northern Lights Alternatives is a nonprofit, tax exempt organization founded by Charles Baier, Sally Fisher and Victor Phillips to distribute alternative healing information and services for people with AIDS and the general community. N.L.A. in its first year produced over 30 AIDS Masteries throughout the United States, Europe, and Canada. For further information on N.L.A. contact:

- Los Angeles: 2303 Bronson Hill Dr., Los Angeles, CA 90068, (213) 669-5395.

PWA Endorsements:

"I came here to learn how to die with grace. Instead, I discovered how to live with passion." M.C., New York, 5/86

Introductory Evening
Tuesday, March 31, 7:30 pm
A LA PAGE Studio
108 C Fillmore St (at Duboce), S.F.
Free

AIDS MASTERY
Friday, April 3 - Sunday, April 5
A LA PAGE Studio
108C Fillmore St., S.F.
Donation fee: $250. No PWA or PWARC will be turned away for lack of funds.

For more information call:
Richard Valentino or Jim Cox, 824-2016

With Special Thanks to Dan Fauci & The Actors Institute
RELIGIOUS SCIENCE OF SAN FRANCISCO

presents

IMMUNITY an epidemic from A I D s

A native of Washington, D.C., the Rev. John M. McCormick studied metaphysics in Los Angeles under the guidance of the renowned Robert Bitzer and also with Raymond Charles Barker, Kennedy Shultz and also Tom Costa, all pioneers in Religious Science. Acclaimed as the pastor of the Religious Science Church of San Francisco for both his compassion and striking speaking ability, the current of his teaching reflects the findings of modern psychologist and the principles taught by Jesus Christ. He shares his formula for health, beauty, joy, harmony and richer living through several avenues; writing, private consultations, public lectures and class work. Mankind, he says, does not have to be a power of fate blown by winds of chance. Mankind can chart his own course. Religious Science is a teaching/healing ministry with the correlation of the laws of science, opinions of philosophy, and revelation of religion applied to our human needs.

Epidemic meaning contagious or a natural population suddenly and greatly enlarged, Rev. McCormick invites YOU TO SHARE A SUDDEN RAPID SPREAD IDEA OF IMMUNITY and a evening of ideas.

IDEA = IMMUNITY an epidemic from A I D s

When Wednesday, March 14th at 7:30 P.M.

Where 225 Valencia, Between Duboce/Clinton Park

Cost Love offering

IMMUNITY an epidemic from A I D s

Wednesday, March 14, 1990, 7:00 pm to 9:00 pm

send to Religious Science of San Francisco, P.O. Box 410990-350, San Francisco, CA 94141-0990 (registration by March 9th insures seating or call 415-641-1702)

Enclosed is my registration for ________ persons.

NAMES(S) __________________________________ PHONE (Home) ________________________

ADDRESS __________________________________ CITY/STATE ______ ZIP ______


HEALING AIDS NATURALLY

FINALLY A CONFERENCE FOR YOU!!
DESIGNED TO EDUCATE YOU AND INSPIRE YOU TO LEARN ABOUT HEALTH.

WHEN: AUGUST 23–24, 1986
WHERE: CATHEDRAL HILL HOTEL, SAN FRANCISCO
REGISTRATION STARTS AT 7:30 a.m.

26 SPEAKERS, BOOTHs PLUS A HEALING COMMUNION.

PRACTITIONERS WHO WORK WITH AIDS FROM A HOLISTIC STANDPOINT
PLUS YOUR BROTHERS WHO HAVE SURVIVED AND WANT TO LET YOU KNOW HOW.

NOTHING LIKE THIS EVENT HAS EVER HAPPENED BEFORE.

FOR INFORMATION CALL (415)873-0139
OR JUST COME TO THE CATHEDRAL HILL HOTEL!!

Reduced fee for AIDS/ARC patients
A world-wide observance of healing is being held for five minutes each day at 7PM in every time zone. All over the world, people will be mentally joining together for five minutes of prayer, meditation, visualization, or constructive thought directed towards the healing of persons with AIDS.

The inaugural ceremony to celebrate the world-wide daily observance will be held here in San Francisco on November 7th at 6:30 PM at the Metropolitan Community Church, 150 Eureka Street. The five minute healing observance will begin at 7:00 PM. Besides the meditation, there will be singers, musicians, surprises and fun for all.

If you can’t join us on November 7th, go ahead and start without us. In doing so, you will help form a powerful network of healing energy and love which we can all share.
I am writing this because my great nieces’ father, Arnold Wayne Humble, has aids and a most marvelous thing happened to him. Eleven months ago in October we were informed that he wasn’t expected to live past the first of November due to his steady decline from aids. It was right at that time that he began doing an alternative treatment. Immediately he began to improve. Today he is relatively healthy and has gained back most of his weight, in spite of the fact that his cd4’s are near zero and his viral load is around three hundred thousand.

It is well known that there are a few people with aids who are not affected by it. Yet it has not been determined what it is about them physically that causes them to not be affected. These people also must be doing something that makes them not be affected by the aids virus, just as Arnold has done.

The following is all the information about the treatment and how it originated. At the end of the report is all the information needed to verify it.

Thirty years ago, when I was in the navy, I caught the herpes while overseas. Not knowing what it was, I somehow transferred it to my face, and in time it spread to my eyelids. The area was so sensitive, that the prescription medication wasn’t preventing its occurrence.

In the last twenty years, I have studied the Bible. I read Psalms 107:17&20: “Fools because of their transgression, and because of their iniquities, are afflicted.” And: “he sent his word, and healed them.” This motivated me to search the Bible for a cure for the herpes, which I did incessantly for many years. Whenever I encountered a passage that related to health, I would do it, hoping it would help control the occurrence of the herpes.

For about fifteen years now, I had eliminated breakfast entirely, because of the negative consequences stated in Ecclesiastes 10: 16&17, “Woe to thee O’land when thy king is a child and thy rulers eat in the morning.” I noticed that when I didn’t eat until noon, I no longer experienced the common cold or had morning congestion and the frequent accompanying sore throat. I also noticed that I was having a lot fewer of the other illnesses. In effect, not eating until noon somehow strengthened my immune system. Also I had more energy and my vision improved. Yet it didn’t have much effect on controlling the herpes.

Finally I studied a passage that was pivotal in the full development of the treatment. In the King James version, Proverbs 6:26 states, “By means of a prostitute a man is brought to a piece of bread: and the adulteress will hunt for the precious life.” The following, which is italicized, is the study of the passage and what it produced.
I noted in this verse, that there are two end results, one for the engagement in prostitution and one for adultery. It states that the end result of adultery may be death, but it doesn’t say the end result of the engagement in prostitution is death. It follows that the husband of an adulteress may kill the man she is committing adultery with, which is not the case with prostitution. Yet with prostitution, there is the likelihood of contracting a sexually transmitted disease. We know that some sexually transmitted diseases lead to death, and before the advent of antibiotics, many stds led to death. Yet this proverb doesn’t say that the engaging in prostitution and thus incurring a std leads to death. Could it be that a person with even a deadly std doesn’t have to die? Could it be that God would be merciful to a person with a sexually transmitted disease and provide information in his Word to allow that person to continue living a productive life? Could it be that Psalms 107:20, “He sent His word and Healed them,” means exactly what it says?

It is true that people with a sexually transmitted disease will sell all they have and spend all their wages finding a cure, just as the passage states, “they are brought to a piece of bread.” I certainly would have done so had I not had medical insurance, which is only a recent benefit of my society. But why does Proverbs 6:26 state that a man is brought to a piece of bread rather than brought to poverty? Do what people, with a std, eat have something to do with the effect that the std will have upon them? Can a person live normally with a std if they come to the point where they eat only bread?

Two years ago the herpes spread to my eyelids and I was taking so much medication trying to prevent the sore from occurring in my eyelids that it was making me sick. So I was very desperate to find something to avert the spreading of the disease from my eyelids to my eyes which would eventually result in blindness. This forced me to put to the test the conclusion of my study of the above scriptures. Knowing that bread was high in carbohydrates and low in protein, I was hoping that it was the low protein factor that the “being brought to a piece of bread” referred to. And when I began limiting my diet to bread and vegetables that were low in protein, it stopped the occurrence of the herpes sore. I stopped taking the herpes medication [acyclovir] at the same time that I changed my diet, so I know that it wasn’t the medication that prevented the occurrence of the herpes sore. I have also learned that too much oil and sugar will cause an occurrence of the herpes sore.

You may think that white bread and noodles only doesn’t have enough protein to supply the daily requirement, yet it takes only 22 grams of protein to maintain the nitrogen balance. Attached is an excerpt from a medical web site that verifies this.
I began this eating strategy in Aug of 2000, and it is now over a year later and the relationship between the eating strategy and the occurrence of the herpes sore remains constant.

In October I learned that Arnold, who had aids wasn’t expected to live past the first of November, 2000. I thought that since aids was a sexually transmitted disease, would the above passages in Proverbs also apply to the treating of it? He certainly had nothing to lose by doing it. I contacted Arnold and related to him my situation and my conclusions to the aforementioned Proverbs and Ecclesiastes and that by including them into my eating habits, I was able to control the herpes. And that since aids is a sexually transmitted disease as is herpes, it should do pretty much the same for him also. He began the same strategy of not eating in the morning and eating only bread and vegetables at that time. He lives in Arkansas and I live in California, so I called him about once a week to see if he was sticking with the strategy and how he was doing. He said he was and that he immediately began to feel better. His digestive system returned to normal, he wasn’t vomiting or having Diarrhea any longer. Then I didn’t call him for about three weeks. When I did contact him again, he related to me that he stopped doing the treatment, and he contracted pneumonia. He began the strategy again at that point and got over the pneumonia.

I have been experimenting with eating different foods that are low in protein. Right now I can say that only things made with white flour is all I can eat without any kind of reaction. Also spinach, other greens, broccoli, cauliflower, and lettuce do not produce a reaction. I know I am getting a reaction when my eyes start burning and become bloodshot, which is the first stage of the occurrence of the herpes sore.

I work gardening. This work is physically strenuous. Yet I am able to maintain the energy it takes to accomplish my work even though I have been doing this eating strategy. Actually, since I have quit taking the acyclovir, I have even gained more energy and feel better.

Here are two cases in which the conditions of the individuals are obvious. Also, the healing strategy is clearly defined. In both cases the improvement in conditions began right at the beginning of the change in diet and the putting off of eating breakfast until noon. Many people have an aversion to skipping breakfast, but if you think about it, what difference does it make what time they eat as long as they eat three meals a day, which you can do if you eat your last meal just before going to bed? Or you can eat continuously through the rest of the day. The point is that allowing the body a few hours of activity after a long night’s sleep before eating somehow strengthens the immune system. Also eating nothing but bread and vegetables somehow renders the aids and herpes virus harmless.
Moreover when Arnold stopped doing the strategy he contracted pneumonia, and when he started doing it again he got over the pneumonia and continues to improve. The relationship between the eating strategy and the improved conditions is so strong and dramatic that I think it must be tested further. Also my research on nutrition has revealed that it is not at all harmful to hold off eating until noon.

Again there was a change in both our conditions right at the time we started doing this strategy.

The whole eating strategy is this: Eat nothing until noon, eat only vegetables low in protein like spinach, broccoli, mustard greens etc. and eat only foods low in protein like white bread, spaghetti, macaroni, top ramen, potatoes etc. You can try fruits, but they may give a reaction because of its sugar content. I cannot eat fruits, because I get a herpes reaction to it.

I am not selling any product or service. The eating strategy written in the last paragraph is the whole treatment. I am distributing this information because of my experience which enjoins me to do so.

What I have written above is logical reasoning. It is clear my theory has produced the dramatic effects of its application in our lives and merits further testing, especially in light of this crisis involving the lives of millions of people.

I have tried to pursue this through Arnold and his doctor, but Arnold’s phone has been turned off for lack of payment and I haven’t been able to get a hold of him, because he lives in Arkansas and I live in California. Neither has his doctor cooperated because of confidentiality. His sister lives near him and she keeps me updated on his condition. You can verify that he has Aids and everything I have written about this by contacting his doctor, and his sister.

Arnold’s Doctor is Dr. Debra Kail and she is with the Arkansas Delta AIDS Consortium. Their phone number is 870-735-3291.

It is now October, 2001, and Arnold is still doing well, and my condition is remaining the same. Isn’t eleven months long enough to certify the efficacy of the treatment?

I am sure there are a lot of people that are in the same situation as Arnold was when he started this treatment. Just as Arnold, these people who are at the end of their decline from aids would want to know about this and what have they got to lose by doing it?

You may contact me for further discussion or verification. You can email me at [email protected], or you can call me toll free at 1-866-388-8886.
FASTING

Why revisit an ancient Rx: Doc, have you flipped your lid?

Goal: to accelerate healing, restoring equilibrium
a spring cleaning of excesses and toxins
a rejuvenation physically, mentally, spiritually

Diseases eased: liver disease, anxiety, depression, rheumatoid diseases, diabetes, hypertension, cholesterol, allergies, acne, asthma, headaches, hypoglycemia, obesity, cancer, kidney stones. Thin people (except smokers) outlive heavy folks.

Information has been deleted to include on one page the part that verifies that only 22 gm of protein is all that is needed daily for nitrogen balance.

Questions about a vegetarian diet:

Vitamins? generally not needed (B12 1 mg weekly or check yearly)

Protein? only 22 gm (88 calories) needed for nitrogen balance. Keep under 75 gm/day (Avg USA diet is 100 mg)

Calcium? there's plenty in our food sources if not leached out by phosphates (in sodas), salt, protein, sugar in our diets.

ADDENDUM

This report was written almost a year ago. Since then, I have found that salt is also a factor in controlling the herpes virus. I learned that when I ate bread with salt and ate fruits or vegetables, I would get a limited reaction to the herpes. I eliminated salt totally from my diet last Feb, 2002. With the elimination of salt, I found that I can eat fruit, greens, and broccoli. I have found that greens or broccoli with chopped fresh tomatoes is an excellent dish.

I have been expecting to get some kind of negative reaction from the lack of sodium, contained in salt, but so far I have had none. It may be that there is enough sodium in what I eat and the water I drink to meet my metabolic needs. Also I am 5'8" tall and weigh only 120 lbs. If I were heavier, I might have experienced a negative metabolic reaction. Or it may be that I may not need as much salt, eating only what I eat.

I have not been able to contact Wayne for about a year so he doesn’t know about the salt factor. I assume he is doing ok, though, or I would have heard about it since his two daughters are with us, and his family would inform them if he was doing badly. However I’m sure that this would also improve the controlling of the aids virus.

As I have said I am about 120 lbs. My blood pressure is around 100 over 60. I work as a groundskeeper and have plenty of energy. I am never sick and can read the newspaper without visual aid and I am 53 years old.

How I make my bread is: I buy 25 lbs sack of bread flour from smart and final for less than $5. I pour some in a bowl and add water and stir it until it is some what of a blob then I flour my hands and take some from the blob and roll it into bread sticks and then place them on a ceramic baking round [$10. At Walmart]. I then take a basting brush [the one that looks like a regular paint brush] and lightly paint honey diluted with water [half and half] on them then turn them over and paint the other side. You can use just plain water too. This puts a glaze on them and they brown nicely. I bake them at 500 degrees for about 24 minutes. It takes an hour from start to finish for a days worth of bread.

Spaghetti also has no salt, but I have not yet made a spaghetti sauce that I like. Wayne ate a lot of top ramen, but it has salt. I have just thought of trying out a non-sodium baking powder for pancakes, dumplings etc. I have tried eating white rice and had a reaction to it.
We have carefully put together an "AIDS CONSCIOUS" sample kit in an aesthetic and loving way for a variety of lifestyles.

A selection of items in the kit are suggested to reduce the risk of exposure to the AIDS virus and some more common infectious diseases.

You can order this special kit and brochure for $10 (tax included) plus $2 for postage and handling from:

AIDS CONSCIOUS
P.O. Box 513
Saratoga, CA 95071
In a world filled with darkness, the stars provide a glimmer of hope.
**Abandonment, Isolation, and Fear**

If you have AIDS, or know someone with AIDS, this could be the most important information you have ever received.

In fact, if any communicable disease has changed your life, or the life of someone you love, you have a need to become involved in stopping that disease. But the medical community keeps you at a distance. They certainly don't think that having a disease qualifies you to have access to the latest research and lab results on different drugs and treatments. But even more frustrating is the way the medical community won't research alternative forms of treatments, such as Oriental Medicine. It leaves the victims of disease feeling abandoned, isolated, and frightened. The Orion Institute wants to put an end to the darkness.

**The Orion Institute**

The Orion Institute, Inc., a nonprofit, humanitarian foundation that is dedicated to developing knowledge engineering that will eliminate AIDS and other communicable diseases worldwide. But Orion is not a foundation content with collecting funds and distributing them to nothing but traditional forms of wet lab research. Rather, Orion will use donations to finance and accelerate more innovative forms of dry lab research, which utilize computer Artificial Intelligence (AI), Expert Systems, and other highly advanced computer hardware and software can automate key research processes with vastly greater speed, accuracy, and economy than usual methods allow.

For example, the creation of computer modeling of biological processes will enable researchers to present theoretical treatments for real-life situations in order to see the results of various therapies on an organism without waiting months or years for clinical feedback. While conventional biological laboratory research relies on the natural progression of organism responses to various treatments, AI research accelerates this process by creating mathematical models of biological processes and then tests their reactions to possible treatments.

It may sound like technology that will only be available years from now, but new discoveries in AI technology are being made every day, and with your help, we can accelerate those discoveries before millions more are killed by AIDS and other life-threatening diseases. But Orion recognizes the need for traditional research as well. That's why we also contribute funds to the American Foundation for AIDS Research, and numerous Universities, medical centers, private researchers, and educational programs for disease prevention.

**The Thorn Project**

Laboratory research on communicable diseases is not the only goal of The Orion Institute. In fact, what good does research do if it is isolated from those who can see the results of it first? The Orion Institute has identified this need, and with private funds that have already been donated, is creating The Thorn Project. This project is a global database, called LEGEND, which gathers, translates, and shares information and research stored in it. LEGEND will be made available not just to medical researchers, but to private research scientists, the media, international governments, health care professionals, and individuals who are inflicted with a communicable disease. What's more, this database will allow researchers to present theoretical treatments and conduct in alternative methods of healing.

**A Glimmer of Hope**

Please help The Orion Institute in the humanitarian cause of eradicating communicable diseases like AIDS. We need the support of people like you to continue funding important programs like The Thorn Project and future projects dealing with AI research and technology. This may not be your only opportunity to make a donation toward AIDS research, but it is very well be the only chance you have to access the research that is being done. All we ask is a $100 annual membership contribution. In return, you'll receive our monthly newsletter, Novus Magnifikat (Latin for "New Magnificent Star"), which will bring you constant updates on the current status of The Thorn Project, advancements in AI research and technology, AIDS education and awareness, guidelines in health, nutrition, and wellness, etc. And beginning as early as October of 1993, you will have monthly access to the information and research stored in LEGEND. You can call The Orion Institute, and the information you request will be mailed, faxed, or sent to you via modem. The same day. Orion will also inform you of opportunities to volunteer for different programs being organized in your area.

**Special Offer**

Call 1-800-551-6613 or detach and return the reply cards below to make your $100 contribution today! And if you make your contribution before July 31, 1993, you will receive three technical editions of Novus Magnifikat written by medical researchers specializing in AIDS, at no extra cost. And remember, the donation you make today will be tax deductible.

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**The Orion Institute**
Aids Prevention and Immune Support

presented by:
Christopher Lawrence
Nutritional Educator with Nature's Plus

Thursday, October 29th
from 5:30 - 7:30 pm

Although AIDS remains devastating, we need not remain helpless. Diet, exercise, alternative therapies, non-immunosuppressive drug treatments, visualizations and a positive approach to life, for example, may help us prevent the downward spiral of immune suppression and in some instances, bolster immunity.

Christopher shares his extensive knowledge of nutrition and his experiences working with AIDS patients, so that we may become aware of the many alternatives that may offer support to the immune system.

Limited seating will be provided at Living Foods / Berkeley. For more information about our Health & Nutrition Lecture Series, contact us at 549-1714.

sponsored by:
Living Foods
1581 University Avenue
Berkeley  549-1714
The Program uses immune enhancing and antiviral Chinese herbs to treat people with AIDS, ARC and HIV+ asymptomatic.

- The next program begins October 30 and lasts for 12 weeks.
- Deadline for enrollment is October 26.
- Fee is $210.

QUAN YIN's Herbal Program, the 2 year old research protocol on Chinese herbs and HIV disease is moving to a larger location to better serve the needs of the HTV community, and will be running under the auspices of the newly formed Immune Enhancement Program, no longer affiliated to the Quan Yin Center.

The change is mostly an administrative one, not affecting our participants' status or the program's schedule. The program will still be run by Michael Young and Louis Coll. We are moving into a stronger (more goal-oriented) research emphasis in cooperation with UCSF and the Institute for Traditional Medicine.

The new location, at 3450 16th St. (between Sanchez and Church, one block off Market), is right in the heart of the Castro area. The Immune Enhancement Program will be open Monday through Friday 12 noon to 6 p.m. We will be offering more and better services, truly accessible individual consultations, a free scholarship fund unrelated to our currently expanding Work Exchange Program, free monthly acupuncture sessions and quarterly research reports.

FOR INFORMATION AND APPLICATION,
CALL 252-8711.

3450 Sixteenth St. (at Sanchez)
San Francisco, CA 94114
ATTENTION!

PROMISING NEW THERAPY THREATENED

Announced today, June 14, 1990, on CNN News, the Commissioner’s Office of HRS of Georgia has ordered the Atlanta Hospital shut down. The Atlanta Hospital is the location of the recent highly publicized hyperthermia therapy. The reason given for the shutdown where alleged violations occurring years ago unrelated to the hyperthermia therapy. It is believed that little commercial potential exists for this therapy.

The hospital has been given 10 days to appeal.

To protest call Deputy Commissioner Margie Smith at (404) 656-5680 or call or write: Governor Joe Harris
203 State Capitol
Atlanta, GA 30334

Phone# (404) 656-1776
PSYCHOIMMUNITY & THE HEALING PROCESS
A Holistic Approach to Immunity & AIDS
Edited By: JASON SERINUS
Foreword by Kevin Ryerson

With contributions by:
Elisabeth Kubler-Ross, MD
World-recognized authority on life-death transition

Jack Schwarz
Foremost authority on voluntary controls and human energy systems

Kevin Ryerson, Mediator
Trance channel known from Shirley MacLaine's Out on a Limb and Dancing in the Light

Margo Adair
Author, Working Inside Out Tools for Change, co-creator, visualization tapes for healing

Paul Lee, PhD
Founder, Platonic Academy of Herbal Studies

Irene Smith, M.T.
Founder of massage program, Hospice of San Francisco

This life-affirming book explores the origins of ill health and the nature of the healing process. It represents a new model of investigation—one which integrates information derived from holistic, psychological, medical, and intuitive sources. The editor and contributors offer a positive and practical approach to the prevention and healing of not only AIDS, but all dis-ease. Psychoimmunity—the process of uniting mind with body in the transcendence of dis-ease states—is established as the key to all healing.

- Interviews with People Healing Life-Threatening Disease
- Specific Meditations for Healing and Guidelines for their Use
- A Mind-Body-Spirit Approach Applicable to All Dis-ease States.
- Includes a Comprehensive Inquiry into the Prevention and Healing of AIDS

"Thank you for this heartening work, sharing ideas, resources, and mainly hope."

Elisabeth Kubler-Ross, MD
Author, On Death and Dying

"This is the best health book in years, and the best thing on AIDS."

Richard Shames, MD
Former Medical Director, Edgar Cayce clinic
Co-author, Healing with Mind Power

"After reading this heart-opening material, I found myself approaching my work with a renewed sense of awareness. No longer do I relate to my clients as victims, but as persons offered a gift: the opportunity to experience and renew life in a holistically-different way."

Yurii Cachero, Client Advocate
Hospice of San Francisco

PSYCHOIMMUNITY & the HEALING PROCESS: A Holistic Approach to Immunity & AIDS

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Enclosed is $________ per book. $________

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(Orders outside USA add $2.50 postage & handling per book) $________

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Total $________

Make payable & send to: The Holistic Group

P.O. Box 3073

Oakland, CA 94609

Please allow 6-8 weeks for delivery.

JUN. 1986
The Healing Alternatives Foundation presents

Michael Callen
Editor, *Surviving and Thriving With AIDS*
and singer from his newly released album, "PURPLE HEART"

and

John James
Editor and Publisher, *AIDS Treatment News*

at free weekly Information Exchange Meeting

**Tuesday July 26 7:30**

at 150 Eureka/18th MCC

The Healing Alternatives Foundation

a non-profit organization
helping people with AIDS, ARC, and the HIV+
to explore all treatment options currently available.

Formerly known as the Buyer's Club,
THAF provides the community with the following services:

* Alternative and Nutritional Products
* AIDS Treatment Research Library and Reading Room
* Large Weekly Information Exchange Meetings
* Small AIDS Treatment Study Groups

273 Church at Market
(415) 626-2316

open Tuesday through Saturday 1 - 5 pm
The End of Disease by the Year 2020

A TRANSFORMATION

In alignment with our commitment to the end of disease Radiant Light Ministries proudly opens its series on A Truth About Disease
Hosted by Rev. Matt Garrigan with a powerful seminar from The Foundation for Research of Natural Therapies

Healing AIDS Naturally

An Evening Seminar with Wil Garcia & George Melton From S.H.A.R.E. (Self Healing AIDS Related Experiment)

with Laurence E. Badgley, M.D.
(Author of Healing AIDS Naturally)

Special musical guest Jerry Florence of Alliance

A remarkable evening of sharing from two men who have healed themselves from AIDS. Come and hear the story of Wil Garcia and George Melton, who were diagnosed with AIDS in 1985. Through natural and spiritual methods, they have reclaimed their health and travel the country giving hope and inspiration to others. There will be an opportunity to learn their techniques, to ask questions, and to hear further from the medical point of view with Dr. Badgley.

Sunday, August 7, 1988, 7-10 p.m.
Swedish-American Hall, 2174 Market St. at Sanchez San Francisco
Admission is free Donations accepted
For information call (415) 861-1667

Radiant Light Ministries
3901 - 19th Street, San Francisco, CA 94114
(415) 861-1667
People are healing from AIDS!

Brotherhood Press, The Sananda Foundation and Joan C. Priestley, MD.presents

WIL GARCIA & GEORGE MELTON

of S.H.A.R.E. ON THE ROAD (Self-Healing AIDS Related Experiment)

BEYOND AIDS

A lecture and forum on healing AIDS

Come and hear the remarkable, true story of healing by two men with AIDS who had nothing to lose. In 1985 George Melton and Wil Garcia were diagnosed with AIDS and ARC respectively. They refused to accept death as inevitable and, despite the climate of doom and hysteria, were determined to discover the means by which to live. Since July of 1986 they have experienced full health — not one AIDS related symptom. Come and listen, ask questions and explore a new understanding of health and dis-ease.

Also appearing

JOAN C. PRIESTLEY, MD

with a medical perspective on the phenomenon of healing AIDS and long-term survival.
(San Diego, Long Beach & San Francisco)

Just released!

Their own account with foreword by Louise Hay.

Suggested $10 donation. No one turned away for lack of funds.

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<td>Beyond AIDS is available in</td>
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<td>San Diego at</td>
<td>Unitarian Universalist Church</td>
<td>Unity Christ Church</td>
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<tr>
<td>• The Blue Door in Hillcrest</td>
<td>5450 Atherton St. (in Long Beach)</td>
<td>2690 Ocean Av. at 19th Av.</td>
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<tr>
<td>• Controversial Bookstore,</td>
<td>Exit 405S at Bellflower west,</td>
<td>Saturday, March 4, 1989, 1-3 pm</td>
</tr>
<tr>
<td>30th and University</td>
<td>right at Atherton.</td>
<td>Vibrant Health Books</td>
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<td>Friday, Feb. 17, 1989, 7-9 pm</td>
<td>2301 Market Street</td>
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<td></td>
<td>Different Light Books</td>
<td>Sunday, March 5, 1989, 7-10 pm</td>
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<td></td>
<td>4014 Santa Monica Blvd,</td>
<td>Swedish-American Hall</td>
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<tr>
<td></td>
<td>Sunset Junction (in Silverlake)</td>
<td>2174 Market Street at Sanchez</td>
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For further information contact Brotherhood Press (213) 395-5667
Baboon Bone Marrow Transplant Fact Sheet

A Baboon to human bone marrow transplant protocol has been in development since 1992. Xeno (cross species) researchers have been in regular contact with the FDA about this protocol since spring 1994.

The xeno protocol was presented to the University of California IRB in October 1994 and was conditionally passed in February 1995. This protocol was one of the most heavily scrutinized studies ever to pass the UC IRB.

The Bio Hazard Committee of the University of California (the last hurdle) met in mid March and gave the protocol a pending status as final safety procedures were being worked out. The Bio Hazard Committee is expected to rule in a positive manor regarding xeno following final document submissions which are currently under way.

Funding for the first attempted transplant is in place and researchers have chosen a late stage AIDS candidate to receive xeno bone marrow.

In mid March 1995, the movie, "Outbreak" hits the theaters with a sensational story about a monkey virus infection of humans and subsequent mass deaths.

In late March the FDA contacted researchers and requested a meeting with xeno researchers - the FDA said that they would most likely be requiring a full IND (formal application to investigate a new drug or therapy that one plans to market) at the April meeting.

Pressure mounts from the activist community in April as the Media hype following Outbreak hits a peak. Mid April, the FDA informs researchers that they are bowing out of the controversy and are sending the protocol to a committee, not yet formed, at the Institute of Health.

Institute of Health Committee will not review protocol until this summer at earliest. This previous committee was used by Bush administration to get rid of fetal tissue research. This has been a conservative committee with no patient advocates allowed. This committee will have animal rights activists.

Bone marrow transplant work will be reviewed with all other types of xeno organ transplant work (a huge body of research). Activists agree that the government and the FDA are attempting to politically stop cross species transplants following Outbreak and the public perception that xeno bone marrow transplant will result a a fantastic plague that will wipe out mankind. (research by Hollywood decree).
MOON WEB is a group of witches and pagans who join energies in healing and peace efforts. We do rituals together approximately four times during every thirteen month lunar cycle. We direct our energies appropriately to the Moon's phases: new, dark, or full. The upcoming MOON WEB is planned for January 30th, 1986. At that time, which is a waning Moon, we plan to do a ritual for the removal of barriers to knowledge, for the healing of AIDS. We choose this time partly because the asteroid, Pallas (Athena) goes direct in Gemini.

Pallas, whose symbol is 🌕, is intimately connected with immunology. Her shield protects from invasion and can reflect the light of the Moon to dissolve homophobia and other barriers to healing knowledge. On her shield is the caduceus, whose snakes can discover new connections, for Pallas is a creator of patterns, such as the genetic code. In this ritual we invoke Pallas for medical knowledge.

We will also call on the power of the great goddess Brigit, who heals and purifies with fire. On the following eve we look for a quickening of knowledge for illumination.

We will begin the ritual with purification and circle casting according to personal practice. We will begin at 7:00 pm, if possible to link up with an international network for the healing of AIDS. After creating sacred space, we will light the cauldron fire and call on the goddess Brigit to burn up the barriers to knowledge, including social prejudice and homophobia; to clear the way for new knowledge.

As the fire dies down we light candles for the illumination that we seek. We call on the power of Pallas Athena in her aspect as Hygieia. We ask that cures for AIDS be found and that their testing may be speedy and safe. We ask for personal transformation and understanding, especially for the sick, for though a cure may be found, many will still die. We ask for education about health and safe sex.

It has been suggested that we may want to make or draw shields to symbolize protection and healing. Each of us may decide how we want to use the symbolic potential of the goddesses Brigit and Athena. Perhaps we could call on the owl of Athena for insight and practical solution.

After opening the circle, think about other rituals that we might do together, and send your ideas to MOON WEB c/o Bone Blossom, 315 Precita Street, SF, CA 94110. Newcomers may join with a yearly donation of $1.00 or more. If there is a star ⭐️.... it's time to renew.

This MOON WEB was created by Michael Harismides and Bone Blossom with help from Andraste, Rose May Dance, and Sean.

A gay men's ritual is being planned for this event. Preliminary meetings will be held January 6th and 15th. For info, contact Sean McShee at 771-2303, Van Ault at 864-1362, or the Reclaiming Events Line at 849-0877.
The Fear of AIDS
WILL CRIPPLE MORE LIVES
_THAN THE PHYSICAL DISEASE ITSELF

In his cassette tape Conquering the Fear of AIDS
Kim DePree gives you mental tools that can eliminate
unnecessary fear and direct us to health.

Fear is a state of mind and is therefore something you can
control. Help yourself or someone close to you and learn to
overcome this devastating fear.

Mr. Kim R. DePree's story is living proof that happiness is
possible if we can break the bond of fear. He has undergone
five major operations and a series of chemotherapy in a battle
to cure his cancer. He has overcome the disease and his fear.
Kim shares with you this experience and the wealth of knowledge
from his years as a psychological counsellor.

Conquering the Fear of AIDS is part of the "Road to
Health" tape series that concentrates on the role of the mind
in the healing process. This program is sponsored by the
Leadership Institute.

A donation to AIDS counselling and research
will be made for every order received.

The Leadership Institute   P.O. Box 2585   Berkeley, CA 94707
(415) 787-2002

☐ Please send me the Conquering the Fear of AIDS
tape at $10.33 plus 67¢ tax for California residents.
☐ Enclosed is my check made payable to The Leadership
Institute.
☐ I prefer to charge to:

☐ VISA ☐ MasterCard
Visa No. ____________________________
MC ☐ Exp. Date ______________________

Charge card customers may call
to place their order.

-No. of tapes Amount enclosed
Please print-
Name ______________________________
Address _______________________________________
City/State/Zip ___________________________________
Medical research has identified stress as a major factor in disease and the suppression of the immune system. The same research has demonstrated dramatically that when the stress is corrected the immune system recovers and accompanying diseases are then healed.

Learn more about this important insight into stress and its affect on the immune system, and how you can eliminate stress through the techniques of TRANSFORMATION PROGRAMMING.

Attend a FREE introductory class

For information on time and location call 558-9881

THE UNITY NETWORK
Dear Friend, and "Foot" Brother,

I am writing this letter because I want to remain ALIVE! In January, 1983, I was diagnosed as having A.I.D.S., specifically Kaposi's Sarcoma, which is a cancer beneath the skin in the blood vessels.

The terror of facing a life-threatening disease is causing many changes in my life and the lives of others. I am beginning to really value my life, my friends, and the Earth. The psycho-spiritual transformation for me is continuing, and I have chosen to live; even though the odds are only 16% favorable.

My plan is a holistic and eclectic approach, using spiritual, psychological, and physical modalities. Some of the treatments and supplies which I require to assist me in healing are very expensive, including an integrated metabolic approach that I plan to receive at American Biologics' Research Hospital and Medical Clinic.

What I need most right now is financial assistance! I am receiving excellent support from all my friends in the form of love, meditation, and healing energies. I am also learning to love and forgive myself. Any donations that you chose to make towards my survival; however large or small, will be welcomed with joy and thanksgiving.

"TIME IS OF ESSENCE", ha! Please send your contribution to me at my post office box.

After I receive some special metabolic treatments, I plan to visit my parents for an indefinite period, though I will be returning to San Francisco to participate in establishing a Holistic Residential and Educational Center for K.S. patients. I will be offering my love and services to the extent that my energies allow.

PTO
Any extra or used items for healing and regeneration which you can spare will be appreciated also: massagers, juicer, blender, negative ion generators (it's important that it be a positive-electric-field unit, overcoming all drawbacks of the negative-ion generator), hearing aid, an old "clunker" to drive, herbs and food supplements, art, poetry, etc.

My desire to live impells me to ask for your help out of love.

May the Spirit in us All be with us!

Love,

Chuck Cravens

CC/ss
CASTRO STREET
HEALING GROUP

Facilitated by
JASON SERINUS and FRED MacKISSIC

Every Wednesday Evening
7 PM - 9 PM

This is a drop in group - come any Wednesday night that you are free.
Doors Open 6:45 PM - Please arrive by 7.

Center of Life, San Francisco
552 Castro Street, Suite B (between 18th and 19th Streets)

Open To All! Donations Appreciated

Our focus together will be on experiencing the alignment of mind, body and spirit which is the essence of all healing. The techniques we will use include: Deep relaxation, meditation on resonant healing tones, work with the breath, group massage, visualization, affirmation, guided chakra meditation, and laying on of hands.

Come share in an empowering evening of love, affirmation and joy!

Jason is a healer, bodyworker and editor of Psychoimmunity & the Healing Process: A Holistic Approach to Immunity & AIDS. Fred MacKissic is a therapeutic bodyworker, metaphysical teacher and consultant.

For more information, please call Jason at (415) 652-2180 or Fred at 752-2436
The Immune Enhancement Program (a non-profit group) is pleased to announce the beginning of a new herbal research program. The program uses immune enhancing and anti-viral Chinese herbs in tablet form. In exchange for participation and compliance with the research aspects of the program, participants will receive herbal consultations, support groups, monthly acupuncture visits, and R.N. support services. Fee for the 12 week program is now $190.

Results obtained thus far indicate that 75% of people notice a restoration of basic energy and strength, with common additional reports of improvement in key blood indicators of the disease, lessening the side effects of toxic anti-viral treatment, shortening the duration of opportunistic infections and reducing symptoms associated with HIV.

Other IEP services include: Low cost acupuncture clinic, lectures and group discussions on HIV topics, affordable bloodwork.

Call for more information: 252-8711.
The AIDS InterFaith Network
in cooperation with
The Episcopal Diocese of California
and
Grace Cathedral

17th Ecumenical AIDS Healing Service
Grace Cathedral
6:15pm Monday, August 4, 1986

Prayers and Holy Anointing for Healing
and
Celebration of the Eucharist

Please join us for a simple supper
in the Cathedral Dining Room following the service.
If you can, bring a dessert or nonalcoholic beverage to share.

Location:
Grace Cathedral
1051 Taylor Street at California
(California Street Cable Car or 1 California bus)
San Francisco

Hosted by:
INTEGRITY/SAN FRANCISCO BAY AREA
Local chapter of the national organization for
gay & lesbian Episcopalians & their friends
On August 3rd only - no Sunday Integrity liturgy

Special music:
Organ - Brooks Liston, Music Coordinator, Integrity/SF Bay Area
Harp - Jack Pantaleo, Co-Convener, AIDS InterFaith Network

For information:
David Bentley, Secretary, Integrity/SF Bay Area - (415) 431-5859

INTEGRITY - The Gathering Community - INTEGRITY
17th Ecumenical AIDS Healing Service

Grace Cathedral

6:15pm Monday, August 4, 1986

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Celebration of the Eucharist

Please join us for a simple supper in the Cathedral Dining Room afterwards.
If you can, bring a dessert or nonalcoholic beverage to share.
NOTE: On August 3rd only - no Sunday Integrity liturgy.

Integrlty/SF Bay Area celebrates "Eucharist for the Community"
each Sunday at 5:30pm in St John's Church, 1661 15th Street, between
Mission & Valencia, SF. 16th Street BART & 14 Mission,
33 Ashbury, & 49 Van Ness buses. The nave is accessible.
Our liturgies use inclusive language.

INTEGRITY - The Gathering Community - INTEGRITY

Integrity/San Francisco Bay Area
Suite 400, P.O. Box 15068
San Francisco, California 94115-0068

ALL WELCOME

ADDRESS CORRECTION REQUESTED

AIDS Healing Service at Grace
This study evaluates the effect of a new nutritional supplement on lean body mass. The study lasts for six weeks, but if improvement is seen, you can receive the supplement until it is approved.

To qualify you need to:

- be at least 10% less than your ideal body weight
- have a CD4 count of 500 or less
- have not had an acute opportunistic infection in the previous four weeks

For more information, please call Sher Vieira, Client Outreach Coordinator, at 415-353-6215.

Transportation, parking and childcare costs are reimbursable.
Nutritional Supplement Study

This study evaluates the effect of a new nutritional supplement on lean body mass. The study lasts for six weeks, but if improvement is seen, you can receive the supplement until it is approved.

To qualify, you need to:
△ be 10% less than your ideal body weight
△ have a CD4 count of 500 or less
△ have not had a serious opportunistic infection in the previous four weeks

For more information, please call Sher Vieira, Client Outreach Coordinator, at 415-353-6215.

Free garage parking is provided. Transportation and childcare costs are reimbursable.
A world-wide observance of healing is being held for five minutes each day at 7PM in every time zone. All over the world, people will be mentally joining together for five minutes of prayer, meditation, visualization, or constructive thought directed towards the healing of persons with AIDS.

The inaugural ceremony to celebrate the world-wide daily observance will be held here in San Francisco on November 7th at 6:30 PM at the Metropolitan Community Church, 150 Eureka Street. The five minute healing observance will begin at 7:00 PM. Besides the meditation, there will be singers, musicians, surprises and fun for all.

If you can’t join us on November 7th, go ahead and start without us. In doing so, you will help form a powerful network of healing energy and love which we can all share.

THE HEALING PROJECT
729 OAK STREET
SAN FRANCISCO, CALIFORNIA 94117
(415) 552-3038
start operating more and more from this state of mind if we want to transcend the machismo mentality which is presently threatening to do us all in.

The Metaphysical Alliance believes that AIDS should be seen as a spiritual challenge, which the Gay/Lesbian community, as well as others, needs to address. We can think of no other community which is spiritually, emotionally, sexually, or any other way better prepared to meet such a challenge. We are being called on, en masse, to return to our shamanistic roots as the healers and mentors that we were meant to be.

Although it may be trite to say that every crisis is an opportunity in disguise, and even though the disguise of AIDS is frightening to the core, it is nonetheless true. In this case, the opportunity is nothing less than the emergence of a new identity for humanity -- from the simple self consciousness of our present state-of-the-art human to a new identity as an inseparable expression of the One Being, One Mind, One (Divinely Androgynous) "Cosmic" Consciousness which we all really are.

ABOUT THE METAPHYSICAL ALLIANCE

The Metaphysical Alliance is a group of people from various spiritual and metaphysical backgrounds. What unites us all is the common insight that AIDS can be healed!

We hold monthly AIDS healing services co-sponsored by the AIDS Interfaith Network usually on the fourth Monday of each month at 6:30 p.m. at the Metropolitan Community Church at 150 Eureka Street (near 18th) in San Francisco.

We also act as a referral agency for any person or group doing AIDS healing work. Call 431-8708 or 431-5467 for further information.

* * * * *
I guess that everyone has their own peculiar idea of what the word "metaphysics" means. It comes from the Greek "meta" meaning after or beyond and "physika" meaning physics or the laws of nature. So metaphysics is what comes after or goes beyond the laws of physics or the laws of nature.

Of course, that was before the special theory of relativity and quantum physics. The new physics teaches that there is a vast difference between "ordinary awareness" and reality, and that in order to experience reality, we have to get rid of the idea of our being separate from the whole, which is what metaphysicians, not to mention Eastern religions, have been saying for centuries.

Metaphysics, and the new physics for that matter, teach that there is one Mind, one Universe, one Reality, and that we can only experience "Truth" or Reality to the extent that we have rid ourselves of our more limited sense of reality, such as our egocentric sense of self, who we think we are as opposed to the rest of the Universe.

It is this separate, limited sense of self, or more properly, it is our belief in this separate sense of self as being our only reality which brings problems into our lives. These problems may be emotional, psychological, sexual, physical or financial and most usually are a combination, or "all of the above."

The basic flaw in classic physics is the idea of our being separate or isolated from that which we observe, i.e., the Universe. The new physics teaches us that the very act of observation will effect what is observed. In other words, what we see in an experiment or in our life depends on what we are looking for or how we are used to looking at things.

If we see ourselves as separate physical entities in an often hostile world subject to the laws of ordinary physics, then we are in a helpless, unfortunate situation, and a situation which is fundamentally erroneous in light of both metaphysics and quantum physics.

Christian Science, Religious Science, Unity School of Practical Christianity, A Course in Miracles, The Prosperos and many other teachings are all metaphysical schools of thought which teach us, in varying ways, that understanding our true identity as Consciousness, Mind, Being itself, can cause apparent healings or miracles in our lives.

What appears as a healing or miracle to others is simply the breaking down of the ego-built limitations of our sense of self. When we realize that our true identity is never for one moment separate or detached from Universal Being or Universal Mind (God, if you will), then we will have truly had a meta-physical (beyond "classic physics") experience.

And just like the new physics brought us to the understanding of atomic energy, so the understanding of metaphysics will bring a comparable new power into our lives and into the lives of others.

Mystics, teachers, avatars, shamans, and priestesses throughout humanity's history (many, if not most, of whom have been what we now call homosexual) have known this simple truth: a higher law transcends a lower one.

If we can operate from our highest level of identity, if we can operate from the standpoint of being itself, regardless of our identity as persona, or ego, or, and perhaps most difficult of all, our identity as a physical body, then we will have reached a level of consciousness which can change the world, starting, of course, with our own.

Richard Maurice Bucke called this state of mind Cosmic Consciousness. Others have called it the Promised Land, the Kingdom of Heaven, Nirvana, Divine Mind, Christ Consciousness, etc.

Whatever you want to call it, humanity is going to have to
INFORMATION REQUEST

✔ I WOULD LIKE TO RECEIVE FREE INFORMATION ON:
  ☐ COALITION OF AIDS HEALING GROUPS
  ☐ AIDS HEALING ALLIANCE
  ☐ METAPHYSICAL ALLIANCE

✔ I WOULD LIKE TO SUBSCRIBE TO THE HEALING AIDS NEWSLETTER FOR ONE YEAR.
  ☐ ENCLOSED IS A CHECK/MONEY ORDER FOR $7 PWA/PWARC/LOW INCOME, 12 OTHERS (MAKE PAYABLE TO HEALING AIDS).
  ☐ PLEASE SEND ME A COURTESY COPY.

✔ I WOULD LIKE TO PARTICIPATE IN THE LONG-TERM SURVIVORS SURVEY.
  ☐ PLEASE SEND ME INFORMATION.

✔ I WOULD LIKE TO MAKE A DONATION TO ONE OR MORE OF THE FOLLOWING GROUPS: (ENCLOSE SEPARATE CHECKS PLEASE)
  $____ COALITION OF AIDS HEALING GROUPS
  $____ AIDS HEALING ALLIANCE
  $____ THE HEALING AIDS NEWSLETTER
  $____ THE METAPHYSICAL ALLIANCE

NAME

ADDRESS

CITY/STATE/ZIP

TELEPHONE (OPTIONAL)

CUT & MAIL TO:

"COALITION"
3835 20TH STREET
SAN FRANCISCO, CA 94114
WHAT DOES HEALING MEAN?

Healing is not just physical. Healing is the attainment of the natural balance of the physical, mental, emotional and spiritual aspects of our being.

People have healed themselves of life-threatening illness by putting together a personalized program of therapies, treatments, protocols and practitioners. The following categories are presented as a starting point.

Remove Toxins From Your System
Recreational drugs & stimulants. • Prescription drugs (only with the advice of your doctor). • Industrial chemicals. • Infections/Parasites. • Food Additives.

Improve Your Diet
A variety of fresh foods, vegetables, whole grains (esp. brown rice, barley & oats), fish, poultry. • Restrict sugar, starch, milk products, foods containing yeast (particularly for yeast infections). • Nutrition plan recommended by a nutritionist or holistic doctor.

Improve Mental Attitudes & Emotional Well-being
Read books on attitudinal healing. • Spiritual or philosophical study (such as A Course In Miracles). • Find someone you can help (other than yourself). • Become involved in a support group & develop support systems. • Live every moment with the zest of life.

Nutritional Supplements
Vitamin Therapy (See nutritionist).

Relaxation & Self-Programming Exercises
Meditation. • Visualizations. • Affirmations

Plenty of Rest & Relaxation
Breathing exercises. • Recreation time - art, music, beauty, nature. • Massage. • Plenty of rest, naps and sleep.

Exercise Program
Aerobic exercise; walking, running, bicycling, etc. • Stretching exercise, yoga, etc.

Additional Therapies
(which may include some risk & require additional education & consultation with a doctor/healer). • Vitamin C therapy. • Herb therapy. • Macrobiotic diet. • Garlic therapy. • Acupuncture. • Homeopathic medicine. • DNCB. • AL-721 • And others.

Special Dietary Considerations
Allergy food testing. • Treatment of yeast infections. • Treatments for opportunistic infections

Become Your Own Educated Healer
To develop & maintain a successful program, learning all there is to know about your, or someone else's approach is a necessary undertaking. Become familiar with many of the books, tapes & groups available.

COALITION OF AIDS HEALING GROUPS

The purpose of the COALITION OF AIDS HEALING GROUPS is to expand awareness and knowledge in all communities of the many alternative and holistic healing practices now available; to do is a positive, empowering and life affirming way that contributes to a new way of living — one that integrates healing of the physical, mental, emotional and spiritual aspects of our being.

The Coalition's is currently supported by three highly respected San Francisco healing groups; The AIDS Healing Alliance, The Metaphysical Alliance, and The Healing AIDS Newsletter. The Coalition is structured to welcome and include additional healing-centered groups and individuals.

Coalition member groups assist groups and individuals across the U.S. and around the world in learning and applying a variety of alternative and healing programs and practices. Find out how you can be a part of this powerful healing force.

HEALING AIDS

NEWSLETTER

Each issue of the HEALING AIDS Newsletter brings you information on alternative and holistic approaches to healing AIDS. The Newsletter is the only monthly publication to bring together holistic tools, resources, informative articles, and upcoming events in a useful and enjoyable format, to help in our community's healing.

A comprehensive, national, resource, the Newsletter lists books, cassettes, videos, products, groups, events, practitioners and advertisers all involved in healing the body, mind and spirit.

Informative and practical articles present a positive and participative approach to thousands of people with AIDS who are succeeding in improving their health and lives.

You can subscribe to the HEALING AIDS Newsletter wherever you live. Send in the attached form today!

AIDS HEALING ALLIANCE LONG-TERM SURVIVORS SURVEY

The AIDS Healing Alliance long term survivors survey is a comprehensive investigation into the techniques, tactics and transformations that have been instrumental in health recovery and maintenance of people with AIDS or ARC. This survey will allow AHA to provide to others truly relevant information about common elements that seem helpful in dealing with the conditions of suppressed immunity, being HIV positive, or having an ARC or AIDS diagnosis. It will also provide statistical data to substantiate the fact that people are healing themselves and to show that there are indeed long term survivors of AIDS, thus creating a firm foundation for positive action toward change.
PRACTICAL NUTRITION AND COOKING
with Irene Newmark and Jim Cox
Sunday, July 10th, 1988
1.00 p.m. to 5.00 p.m.
call for San Francisco location

Nutrition is one of the most important ways that we can promote and maintain our physical well being. Irene Newmark will lead a discussion about basic and general information for good day-to-day nutrition. In the face of conflicting nutritional theories, where do you start? Let’s discuss it. Jim Cox will do a cooking demonstration of several nutritious dishes. The workshop will end with a light meal.

Call Jim Cox at 346 0539 to reserve your space now
Donation: $30. Scholarships are available by advance arrangement.
A.I.D.S. THERAPY

☑ Holistic non-drug approach

☑ All modalities from worldwide research available

☑ Licensed 24-hour modern facilities staffed by qualified personnel

☑ Complete treatment 25 minutes from San Diego airport

☑ Foreign therapy covered by U.S. private insurance

Vitamins, minerals, enzymes, antioxidants, vaccines, glandulars, live-cell therapy, dietary manipulation, herbs

CALL:(415)981-8384
American Biologics-Mexico S.A.
Research Hospital/Medical Center
The AB-Mexico treatment program for A.I.D.S. is a three-phase approach:

1. Attack with anti-viral agents on the suspect HTLV-III (AIDS) virus and/or the adjunctive viral transgressors in Kaposi's Sarcoma and/or Pneumocystis carinii.

2. Stabilizing and enhancing the immune system with particular emphasis on T-cell ratios.

3. Coadjuvant treatment for parallel pathologies; e.g., parasites.

This three-way approach is conducted within the protocols developed by the Bradford Research Institute (BRI/California) and AB-Mexico for individualized, integrated metabolic programs ("I.I.M.P.") utilizing megavitamins, megaminerals, enzymes (digestive, antinflammatory and antioxidant), endocrinological/hormonal balancing, other antioxidant substances, immunoaugmentative substances, vaccines, biologicals and glandulars, together with considerable emphasis on dietary manipulation and eating programs. In A.I.D.S. cases, Vitamin C, zinc, selenium, herbs, GI tract cleansing, play key roles.

Because of its legal corporate status within the Baja California Norte Free Trade Zone, AB-Mexico as a research facility may import and utilize from any world source any product found useful in any therapy, the statements, opinions and actions of the American FDA notwithstanding. Because our facilities are 24-hour full-service installations and our personnel are all licensed under the laws of the Republic of Mexico, our treatments are reimbursed through private U.S. medical insurers, including Blue Shield/Blue Cross. (Medicare, Medicaid, U.S. federal insurance do not apply.)

Among programs and approaches legal for use in Mexico but not accessible in the U.S.A. as they relate to A.I.D.S. are, among many:

**ACYCLOVIR FOR T-CELL BALANCE:** This experimental modality developed for Herpes treatment in the U.S.A. has shown dramatic response in KS therapy at AB-Mexico.

**STAPHAGE LYSATE AS INTERFERON POTENTIATOR:** Staph. lysate, a vaccine legalized in the U.S.A. for respiratory infections, and has been found to enhance the immune system and stimulate natural interferon in the body.

**LIVE-CELL THERAPY:** The 50-year-old "fresh cell" program of the late Dr. Paul Niehans, Switzerland (who treated celebrities ranging from Gloria Swanson, Pope Pius, and Joe Kennedy to Bernard Baruch and Charlie Chaplin) is provided daily. Bovine fetal cell glandular live-cell extractions have both immune-stimulating and specific effects and constitute a major medical subspecialty not officially countenanced in the U.S.A.

**MEGAMINERAL/MEGAVITAMIN INTRAVENOUS ADMINISTRATION FOR SPECIFIC DISEASES:** AB-Mexico provides up to 150 grams of combination IV and oral Vitamin C, up to 1 million units daily of Vitamin A-E emulsion, trace mineral balancing, DMSO as a chemical carrier, laetrile (B17) for anti-neoplastic and antioxidant therapy.

Back up some 40 different therapies and products available from around the world for the manipulation of A.I.D.S. are diagnostic tools including the standard, "orthodox" ones available in the U.S.A. (clinical blood and urine chemistries, CAT-scan, standard X-ray, etc.) and useful assays not yet been fully accepted or countenanced in the U.S.A. These include:

**HLB BLOOD TEST FOR TOXIC OXYGEN ACTIVITY:** This 5-minute coagulated blood test keeps our medical professionals apprised daily -- sometimes hourly -- of the general metabolic response of the patient to any form of pathology or metabolic dysfunction.

**M.I.T. TEST FOR FOOD SENSITIVITIES:** The Cadillac of food-sensitivity (not allergy) tests, this assay detects subtle sensitivities to nutrients, of vital importance in designing a dietary program and/or removing what may be a major source of dysfunction.

**LIVE-CELL ANALYSIS:** Darkfield microscopic analysis of blood cells to determine vitamin deficiencies.

**HAIR ANALYSIS:** Test for trace mineral imbalance through atomic-absorption analysis of head hair.

The benefits of AB-Mexico treatment are: Emphasis on non-toxic natural therapies (though including standard therapies when indicated or useful), availability of virtually all promising modalities gathered from around the world, coverage of treatments by private U.S. insurers.

For more information, PLEASE call: (415)981-8384 or, outside California, toll-free: (800) 227-4438.
The Healing Alternatives Foundation presents

Dr. Alan Levin
of Positive Action Healthcare
and
John James
Editor and Publisher, AIDS Treatment News

at free weekly Information Exchange Meeting

Tuesday August 9 7:30

at 150 Eureka/18th MCC

The Healing Alternatives Foundation

a non-profit organization
helping people with AIDS, ARC, and the HIV+
to explore all treatment options currently available.

Formerly known as the Buyer's Club,
THAF provides the community with the following services:

* Alternative and Nutritional Products
* AIDS Treatment Research Library and Reading Room
* Large Weekly Information Exchange Meetings
* Small AIDS Treatment Study Groups

273 Church at Market
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AUG. 1988
Enclosed is a copy of the Fall, 1995 issue of *Positively Natural*, Chicago’s first and only journal of alternative therapies and holistic living for people with HIV and AIDS. We have worked diligently to form a network of information, and will be publishing in concordance with The Northside HIV Treatment Center (Chicago), Gay Men’s Health Crisis (New York), Project Inform (San Francisco), Direct AIDS Alternative Information resources (New York), Alternative Healing Foundation (San Francisco), and Keep Hope Alive (Wisconsin). These organizations will be contributing up-to-date information about the latest in alternative healing. In just two issues, our circulation has expanded from 3,500 to 10,000, and demands for a 10,000 reprint. This clearly demonstrates the vital need for such a publication as well as an overwhelming interest.

Our mission at *Positively Natural* is to establish a global network of resources and information with up-to-date news and technology covering all aspects of alternative therapies including: homeopathy, nutrition, immune boosting recipes, supplements, Traditional Chinese Medicine, acupuncture, various forms of body work, spirituality and meditation, exercise, and their roles in the health maintenance of people with HIV.

It is our hope that you find this journal informative. Please contact us if you have any questions or for reprint information.

Be the center of peace,

Alyn R. Toler
Publisher/Editor
Milk: Does It Do a Body Good?

Milk. Humans have consumed it for more than 10,000 years. It has become a staple of the American diet right alongside hot dogs, apple pie, Mom, and the red-white-and-blue. Milk has been touted as the perfect food, supplying the body with calcium, vitamin A, vitamin D, riboflavin, and vitamin B12. Cow's milk has been used universally in infant formulas and baking products, and athletes claim it is the food of champions. Our government supports the dairy industry by maintaining an elaborately regulated milk market that imposes hidden tax on consumers in the form of higher milk prices and employs some 500 people at the U.S. Department of Agriculture. Total cost to consumers: more than $9 billion a year.

So what's the low-down on milk? Does it really do a body good? And how does that affect people living with HIV?

In February 1994, the Food and Drug Administration (FDA) approved the use of a laboratory-produced hormone called recombinant bovine somatotropin (rBST), also known as recombinant bovine growth hormone (rBGH), which, when injected into cows, increases milk production by up to 25 percent. What is rBGH and why do we need to increase milk production?

Cows produce a natural hormone, BGH, which regulates milk production. The "r" means that the cow's BGH-making gene was inserted into the genetic material—or DNA—of genetically engineered bacteria, thus creating rBGH. When injected into a cow, it then produces up to 25 percent more milk. But there are several problems.

First of all, dairy farmers in recent years have produced more milk than Americans can consume. No matter how big the supply or how small the demand, processors of drinking milk must pay a regional price set by the government. That includes the base price of manufacturing-grade milk plus bonuses. Furthermore, law requires the USDA to buy any surpluses of butter, cheese, or nonfat dry milk at a "support price" set by Congress. Prices often move freely above the guaranteed price, but rarely below it. In fact, since 1983, the government has paid farmers more than $2.5 billion to kill cows or leave the business. Why? To reduce excess milk supply.

A nation saturated in milk would hardly seem to need biologically engineered growth hormones to produce more milk. But government policy guarantees to buy every surplus drop produced. This creates a competitive arena among dairy farmers and a fat wallet for the companies manufacturing rBGH: Monsanto, Eli Lilly Upjohn, and American Cyanamid. Monsanto's version of the drug is intended to be injected into cows every two weeks.

And then there are the questions about the effects of hormones on human health. On one hand, scientists in the FDA, after reviewing the scientific literature and evaluating studies conducted by pharmaceutical companies, concluded that the use of rBGH in dairy cattle presents no increased health risk to consumers. They claim that rBGH is not biologically active in humans. They also claim that rBGH does not adversely affect concentrations of insulin-like growth factor—1 (IGF-1) in humans.

There are those who disagree.

On September 29, 1992, the Physicians Committee for Responsible Medicine recommended the virtual exclusion of milk from the human diet. In the case of ovarian cancer and cataracts, they put the blame on galactose, a sugar in milk. Scientists have known for a long time that unmodified cow's milk is a poor food in the early months of life, that high solute load, high phosphorus, lack of iron, and induced intestinal bleeding are all known problems associated with cow's milk, which have resulted in progressive methods of modification for use when breast feeding is not possible or desired. And what about claims relating cow's milk to juvenile diabetes? Juvenile diabetes affects nearly 22,000 American children each year. The link is thought to be a substance in one of the proteins in cow's milk that triggers an immune response in children with a particular gene. The immune system then attacks not only this substance in the milk, but also a similar protein found on the surface of the pancreatic cells that...