

ALTERNATIVE THERAPIES & HOLISTIC RESOURCES

HEALING GROUPS & ORGANIZATIONS

AIDS HEALING ALLIANCE. AHA provides information on alternative therapies being used successfully by people with AIDS and ARC who are healing their lives. Monthly workshops/seminars promoting awareness about successful use of alternative therapies by long-term survivors of AIDS/ARC. Long-term Survivors Survey. P.O. Box 411421, SF, CA 94141. (415) 864-7820.

CENTER FOR ATTITUDINAL HEALING. Support Group for people with AIDS and ARC and their support persons. Special focus groups for persons with AIDS and ARC. Groups stress attitudinal healing -- the power of letting go of painful, fearful attitudes. All services are free of charge. Pre-registration required. 19 Main Street, Tiburon, CA 94920. (415) 435-5022.

HEALING AIDS NEWSLETTER. A monthly national publication on alternative and holistic resources and aids. Coverage of local and national events, resources and groups. Highlights alternative and holistic approaches to healing AIDS. Yearly subscription by donation - \$7 PWA/ARC/low income, \$12 others. No subscription refused due to lack of funds. Write to HEALING AIDS, 3835 20th Street, San Francisco, CA 94114.

HEALING CENTER OF SAN FRANCISCO. Holistic health classes and individual support & meditation groups, healing circles, psychic & spiritual development classes, massage & counseling. 465 Brussels Street, San Francisco, CA. Jocelyne Nielsen at (415) 468-4680.

JOHN JAMES. Researcher & writer for the SF Sentinel publishing articles on holistic and alternative therapies. Biweekly publication "AIDS Treatment News" covers up-to-date issues - \$25 per quarter (\$8 for PWA/ARC) to John S. James, P.O. Box 411256, San Francisco, CA 94141. (415) 282-0110.

PLANETREE HEALTH RESOURCE CENTER. Comprehensive library of AIDS books, cassettes & articles. File on holistic health articles. Xeroxing available. Borrowing privileges, call for membership information. 2040 Webster Street, San Francisco, 94115. (415) 923-3680.

PROJECT INFORM. Nonprofit information resource group and hot line for alternatives and experimental drug information including ribavirin, DNCB, AZT, naltrexone & Isoprinosine. In CA (800) 334-7422, outside CA 1-(800)-822-7422. or (415) 928-0293.

QUAN YIN ACUPUNCTURE & HERB CENTER OF SAN FRANCISCO. Community clinic offering acupuncture, herbs, massage, Rosen Method Bodywork, hypnotherapy, and nutritional counseling in a supportive environment. Medi-Cal, Workmens' Comp, and insurance accepted. Call for an appointment,, information. 513 Valencia Street, San Francisco, CA. (415) 861-1101.

SAN FRANCISCO AIDS ALTERNATIVE HEALING PROGRAM. Offers a six-month comprehensive program for those diagnosed with AIDS/ARC using a holistic approach that includes acupuncture, counseling, hypnotherapy/visualization, shiatsu, massage, and emotional support groups sessions. Dietary counseling, herbal prescriptions, reading, tapes and other information related to the healing process. Insurance accepted. (415) 558-9292.

SAN FRANCISCO AIDS ALTERNATIVE HEALING PROJECT. Founded in July of 1985 in response to the growing need for information and resources among people diagnosed with AIDS/ARC, and those concerned with AIDS in general. Project assists people diagnosed with AIDS/ARC in recovering their health. Members of the Project are all volunteers who meet twice a month. We encourage anyone who is interested in working with us to join us at one of our meetings. (415) 558-9292.

THE METAPHYSICAL ALLIANCE. Presents monthly AIDS Healing Services as a forum to share metaphysical and alternative healing ideas. Questions and answers follow monthly presentations. Signed for the hearing impaired. 7PM, First Unitarian Church, 1187 Franklin Street, San Francisco, CA. (415) 431-8708, 928-HOPE.

TRANSFORMING AIDS PROJECT. Provides comprehensive programs and resources in the East Bay for PWA/ARC, HIV+. Programs for immune enhancement consisting of acupuncture, Chinese herbs, nutritional therapies, massage, stress reduction and visualization. Leon Lasher, Susan Brennan and Nancy Issenman. Cost is reasonable and can be covered by most comprehensive health insurance. 3838 Grand Avenue, Oakland, CA 94610. (415) 268-8557.

BOOKS

AIDS: FROM FEAR TO HOPE. New Age Publishing Co. and Spirit Speaks Publications. "A unique approach to understanding AIDS". "AIDS is not about giving up hope in despair, but of moving forward with understanding & determination. AIDS is not an issue about death, but an issue about life & rebirth." \$9.95 plus \$1.00 shipping/handling (FL residents add .50 sales tax). New Age Publishing Co., Box 01-1549, Dept AD, Miami, FL 33101. (305) 534-8437.

CONQUERING AIDS NOW! Scott J. Gregory, M.S., PH.D., and Bianca Leonardo, PH.D. Methods of healing used successfully. Focuses on nutritional and alternative, natural therapies. Tree of Life Publications, 513 Wilshire Blvd., # 244, Santa Monica, CA 90401.

HEALING AIDS NATURALLY Laurence Badgley, M.D. Natural therapies for the immune system. Comprehensive reading on holistic approaches to AIDS including herbs, Chinese medicinal herbs, garlic, acupuncture. Comprehensive resource section. \$13.95 plus \$2 shipping/handling (CA residents add 6.5% sales tax). Human Energy Press, 370 West San Bruno Ave., San Bruno, CA 94066.

LIVING WITH AIDS: Reaching Out. Tom O'Connor with Ahmed Gonzalez-Hunez. A how-to-survive book useful for anyone who tests positive or is experiencing AIDS/ARC. Examines how people with AIDS related complex (ARC) can improve the quality of their lives -- even prevent further immune deterioration -- how those positive to the AIDS antibody can keep the prospect of disease at bay. Written by a positive oriented PWA. \$18.95 plus \$1.50 shipping/handling (CA residents add \$1.23 sales tax), Corwin Publishers, P.O. Box 2806, San Francisco, CA 94126.

PSYCHOIMMUNITY & THE HEALING PROCESS, A HOLISTIC APPROACH TO IMMUNITY & AIDS. (Celestial Arts). Jason Serinus, foreword by Kevin Ryerson, 2nd expanded edition. "Includes a comprehensive prevention and treatment program for AIDS and other diseases, which lays out the steps one might take in constructing an individualized healing program [with the help of qualified practitioners], empowering visualizations by Margo Adair applicable to all disease states, commentary, and contributions by Elisabeth Kubler-Ross, M.D., Irene Smith, and Kevin Ryerson. \$10.95 plus \$1.75 shipping/handling (CA residents add 6 1/2 - 7% sales tax), The Holistic Group, P.O. Box 3073, Oakland, CA 94609.

YOU CAN HEAL YOUR LIFE. Louise Hay. A comprehensive program of loving yourself and working through dis-ease. Send for free catalog, Hay House, 3029 Wilshire Blvd., Santa Monica, CA 90404. Nationwide, (800) 654-5126.

HEALTH/NUTRITION

S.F. MACROBIOTIC NETWORK. Tuesday and Friday macrobiotic dinners with speakers/discussion. Cooking classes, food planning, macrobiotic information and referral to resources in Bay Area. (415) 431-2122.

Laurence Badgley, M.D. General practitioner with Lester Adler, M.D. Holistic therapies with focus on body, mind and spirit, including general physical evaluation, nutrition, vitamins and minerals, homeopathy, herbs, acupuncture, relaxation therapies and metaphysical guidance. Insurance accepted. 370 West San Bruno Avenue, San Bruno, CA 94066.

Keith Barton, M.D. Holistic approach to the treatment of AIDS and other diseases. 3099 Telegraph Avenue, Berkeley, CA 94705. (415) 845-4430.

Claudia Davoli, R.D., M.P.H. General nutritional advice for HIV+ and PWA/ARC, and diet therapy for people experiencing problems with digestion and/or weight loss. By physician referral. Nutrition Counseling Clinic, UCSF. (415) 476-2291.

Jon D. Kaiser, M.D. Modified macrobiotic dietary approach, traditional American and Oriental immune stimulating herbs, guided imagery and visualization therapy. Centrally located in San Francisco. Insurance and Medi-Cal accepted. 156 Terra Vista, #4, San Francisco, CA 94115. (415) 922-8971.

Irene Newmark, C.A. Certified acupuncturist, nutritional counseling, Chinese medicine. 181 Noe Street, San Francisco, CA 94114. (415) 552-3813.

Richard Shames, M.D. Personalized general practice based on conventional medical care including the latest useful medications, and makes use of dietary regime, vitamin and mineral supplements, herbal remedies, hypnotherapy, visual imagery, homeopathic medicine. 333 Miller Avenue, Suite 1, Mill Valley, CA 94941. (415) 381-8666.

SAN FRANCISCO GENERAL HOSPITAL

AIDS UPDATE MEETING

TUESDAY OCTOBER 18 5-6:30 PM

CARR AUDITORIUM
SFGH

FOR PATIENTS & STAFF OF WARDS 86 & 5A

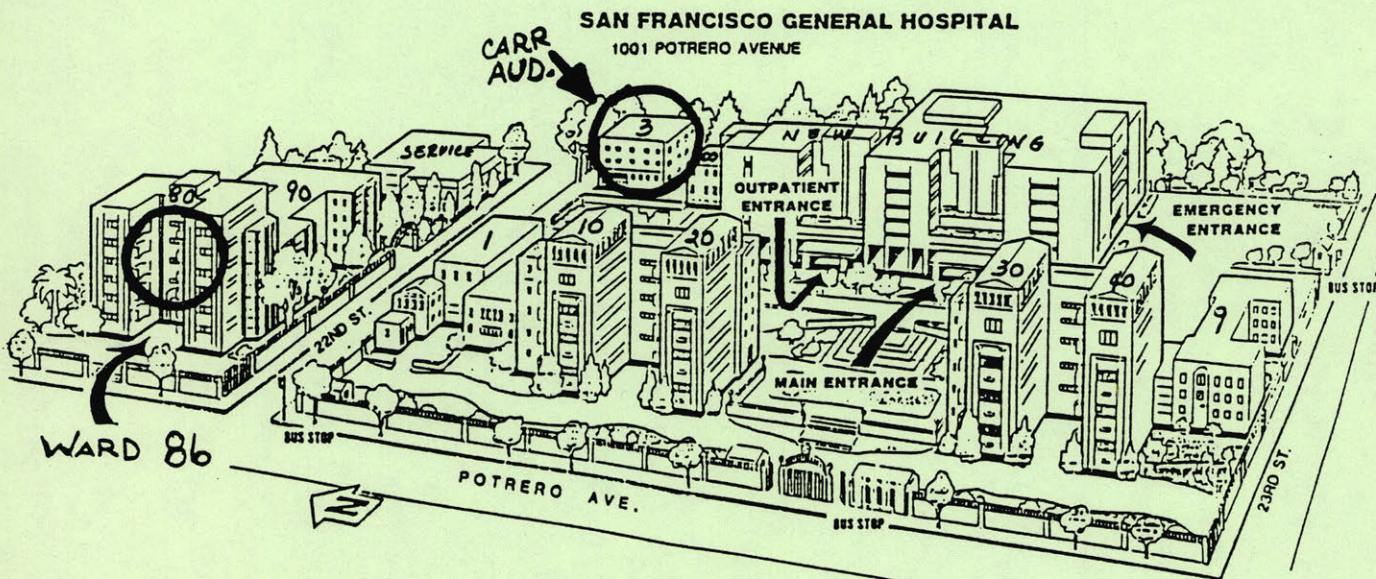
* TOPICS *

WARD 86 CLINIC UPDATE

AIDS TREATMENT: OVERVIEWS, OPINIONS, &
WHERE IT IS AVAILABLE IN THE COMMUNITY

* SPEAKERS *

MICHAEL CLEMENT, MD
ROBERT GORTER, MD
STEPHEN FOLLANSBEE, MD



CO-HOSTED BY PWA/SAN FRANCISCO

FOR FURTHER INFORMATION CALL 821-3038

PEOPLE WITH AIDS • SAN FRANCISCO

people with AIDS and AIDS related conditions in action

519 Castro Street, Box M46
San Francisco, California 94114
(415) 553-2560

EVALUATION FORM: SF GENERAL HOSPITAL AIDS PROGRAM UPDATE, OCTOBER 18, 1988

Note: Please take a few seconds to fill out this evaluation form. This will allow us to know what you think and what you would like to see in the future. Thanks.

What did you think of the speakers? _____

Comments: _____

Was the information presented of use to you? _____

Comments: _____

What did you like about the forum? _____

What could be done to make it better? _____

Did you have enough notice about the forum? _____

Did the information about the forum reach you easily? _____

Is the location good for you? _____

Did you hear of any comments on why others didn't attend? if so what.

Was the time of the forum good for you? _____

On what subjects would you like to see future forums? _____

General Comments/Your views _____

This forum co-hosted by the AIDS division of SFGH.

08/18/88