

# Natural Therapy for AIDS/CFS/CFIDS

By Jonathan Campbell, Natural Health Consultant

What are AIDS, CFS, and CFIDS?

AIDS (Acquired Immune Deficiency Syndrome), CFS (Chronic Fatigue Syndrome), and CFIDS (Chronic Fatigue and Immune Deficiency Syndrome) are diseases that have a common cause: they are brought about by a combination of exposure to toxic chemicals and drugs that suppress immune system function, along with bacterial, fungal, and common viral infection. The Center for Disease Control (CDC) and the pharmaceutical industry have vested interests in preventing people from knowing the truth about these illnesses: that they have a common cause and that there are naturopathic ways to treat them effectively.

People with CFS are treated by the CDC and most doctors as if there is something wrong with their brain chemistry: that it is “all in their heads.” Yet many of these people have so little cellular energy that their hearts cannot adequately keep up their blood pressure and the slightest amount of exertion sends them to bed for days. There is evidence that their mitochondria – the energy-manufacturing organelles in their cells – are not functioning, possibly as a result of chemical or heavy metal toxicity. Their immune systems are weak.

People who test positive for “HIV” are treated as if they have been given death certificates. They are then told they are infected with a deadly virus and that they must take toxic drugs that will actually cause AIDS progression and hasten their death. Yet the tests for “HIV” are not specific. They don’t measure any virus, they are not tests for AIDS (there is no such thing as a test for AIDS), and they are not an indication that someone will necessarily ever get AIDS (even according to the test manufacturers). These are just tests of antibodies and other biological markers – the human body’s natural immune reaction to ordinary or serious bacterial, fungal or virus infections, such as colds, influenza, syphilis, and tuberculosis, as well as past or current pregnancy. There are many people who are consistently “HIV-positive” who have never taken any AIDS drugs and live normal, healthy lives.

In Africa, people with tuberculosis, cholera, malaria, and all of the other diseases of extreme poverty and malnutrition, are now given the general label of “HIV+” or “AIDS.” It has become a convenient label to enable the promotion of ineffective and expensive toxic drugs by the pharmaceutical companies, which are now completely consuming funds that should be going to public health, sanitation, and food infrastructure.

People with CFIDS are given the same grim prognosis as AIDS patients, and are given different immune-destructive drugs to alleviate the symptoms. They are essentially just sent home to die.

The people afflicted with these three diseases think of themselves as having nothing to do with one another: people with CFS do not want the stigma of having a “death certificate” disease, people with AIDS often think the drugs work, and people with CFIDS don’t know what to think, but go from doctor to doctor in an often vain attempt to find something that will halt their downward spiral.

All of these diseases appear to have a common cause – traumatic or long-term immune suppression (the result of malnutrition, use of pharmaceutical and/or illicit drugs, toxic exposure to pesticides or heavy metals, etc.) combined with infection by opportunistic bacteria, fungi, and common viruses.

**If you have just been diagnosed as “HIV+”, it is not necessarily an indication of any particular disease. It is an indication that you have a normal (antibody) immune reaction to one or many ordinary – or serious – bacteria, virus, or fungus infections, or as a result of pregnancy. That does not mean, however, that you should do nothing about it.** If you are ill – especially if it is chronic – you need to treat and cure the illness by enhancing your immune system and provide your body with other defenses against the disease agents.

**The primary regimen in this manual (described below) is designed for people who are seriously ill or have taken HIV/AIDS medications (since they seriously compromise the immune system). If you have just stopped taking these drugs, this regimen is essential to prevent emergence of opportunistic bacterial or fungus infection (staph, strep, PCP, candida, thrush, etc.)** If you have never taken HIV/AIDS drugs and have no other signs of illness, then it is recommended that you take the Maintenance Regimen starting on page 9. If for some reason you become seriously ill, you may use the primary regimen below.

The primary regimen is a purely naturopathic route to rebuild your immune system, to fortify your body with nutrients that are depleted by bacteria, viruses, fungi, and exposure to chemicals and toxic pharmaceutical medications, to neutralize and remove toxins and free radicals, to provide the raw materials for tissue repair and replacement, and to halt disease progression and restore health.

The following are recommendations regarding the use of this regimen.

1. Given the nature of the extremely serious adverse effects of the drugs typically prescribed for AIDS, I believe these drugs do nothing but harm. The chemotherapeutic anti-viral drugs used for AIDS and HIV diagnosis, such as Combivir, AZT, ddI, ddC, and Nevirapine, interfere with normal cell division and function. Long term use of these anti-viral drugs actually causes AIDS progression, immune suppression, bone marrow failure, and death. Synthetic protease inhibitors such as Kaletra, Efavirenz and Crixivan interfere with normal protein and collagen synthesis, so that your body cannot repair and replace muscle and connective tissue. Long term use of synthetic protease inhibitors causes improper fat metabolism, muscle wasting and death.
2. Stop ingestion of toxic and carcinogenic chemicals, especially nitrite inhalants ("poppers"). Nitrites are cytotoxic chemicals which destroy the immune system and cause cancer. Nitrites are likely the primary cause of Kaposi's sarcoma.
3. Avoid all use of immune-suppressive pharmaceutical drugs such as hydrocortisone, prednisone, and fluocinolone. These anti-inflammatory drugs, often prescribed to alleviate the symptoms of CFS, CFIDS, and AIDS, inhibit your immune system's ability to fight infection. Some researchers claim that they could be one of the primary causes of AIDS progression. There are many natural anti-inflammatory supplements. The doses of turmeric and ginger anti-inflammatories in this natural regimen are usually sufficient for symptomatic relief, but if you also have asthma, MCS, or serious allergies, you may need to seek other

natural anti-inflammatories. See the Encyclopedia of Natural Medicine (see below) for further reference.

4. Reduce ingestion of recreational or addictive drugs. All psychoactive drugs disrupt cell metabolism, and many of them are immunosuppressive, that is, they suppress or destroy the immune system. (This is especially true of intravenous drugs.)
5. Reduce smoking and alcohol consumption. Cigarette "tar" (benzopyrene) is a powerful carcinogen and both it and nicotine are cytotoxic. Alcohol opens the "blood-brain" barrier, allowing toxic chemicals in the bloodstream to attack brain cells. Both smoking and drinking harm the immune system.
6. Avoid foods high in dioxin and PCBs - meat, shellfish, fish, and dairy products. Dioxin and PCBs are super-toxic hormone disruptors; they bio-accumulate in animal fat. It is extremely harmful to the immune system. But you must keep up your protein intake, so eat lots of soy (organic or non-GMO, if possible) and whole grain products. Soy drinks such as Spirutein and vegetarian burgers are ideal for boosting protein intake; choose the non-GMO or organic varieties in order to reduce exposure to pesticides. Eat lots of fresh vegetables and fruit. As with soy, buy organic food (if it is within your budget) to reduce pesticide exposure.
7. Obtain and read other information about immune system restoration, such as found in the Encyclopedia of Natural Medicine by Michael Murray and Joseph Pizzorno. The human body can heal itself, given proper nutrition and environment.

#### Important note

The complete list of nutrients for the Natural Regimen for AIDS, CFS, and CFIDS starting on page 6 is rather extensive. If there are financial or other considerations that make it impossible to obtain or use all of them, the most important ones are listed below. Follow the detailed dosage instructions in the complete list.

Vitamin C (powdered is cheapest)

Lysine amino acid (powdered is cheapest)

Proline amino acid (powdered is cheapest)

Glycine amino acid (powdered is cheapest)

Arginine amino acid (capsules or tablets)

hi-potency multivitamin/multimineral

Calcium/magnesium supplementation

Decaf Green tea extract

Beta Carotene

Vitamin D3

Vitamin E

N-Acetyl-Cysteine (NAC)

Milk Thistle Extract

MSM

Selenium

Zinc/Copper

Organic Flaxseed Oil if you have muscle weakness or cognitive problems

EPA/DHA fish oil - pharmaceutical grade - especially if there is neurological damage

Acetyl-L-Carnitine if suffering from chronic fatigue

Co-Q10, especially if suffering from chronic fatigue

D-Ribose if suffering from chronic fatigue

Chlorella for detoxification

Aloe Gel or Juice for healing

Oregano Oil and Olive Leaf Extract for infection

easy-to-digest protein (in other words, keep eating wholesome meals, and use soy or whey protein shakes if appetite is down)

At least 8 cups (2 quarts, 2 liters) of water or other non-caffeinated liquids per day

The most important consideration is that you must be consistent in taking the regimen, whether you take just the minimum set of supplements above or the entire list. If you miss a dose, do not “double” because you’ll probably get diarrhea from too much vitamin C at once. Just get back on track as soon as you can.

## Step by Step Introduction to the Natural AIDS/CFIDS Therapy

In order to allow your body to heal itself and overcome immune deficiency, the Natural AIDS/CFIDS Therapy floods your body with specific nutrients to both enhance your immune system and also take specific steps to address the actions of the bacteria, fungi, viruses, and/or toxic exposures that are the root cause(s) of your illness.

When you first look at the array of nutritional supplements that you need to take, it may seem overwhelming. Let's approach this step by step.

### Buying nutritional supplements

For economy, I suggest buying all but one of the supplements online from [iherb.com](http://iherb.com) or from Vitamin Shoppe stores, as their cost at small health food stores is much higher. For each supplement in the therapy, there is a total daily intake. Buy a few weeks' supply of each, so that you don't suddenly run out. It is very important to take the regimen consistently. Get a large, sectioned vitamin box so that you have a handy way of getting each supplement without having a large collection of bottles on the table.

### Start slowly, build up

It is important to get to your target dose as quickly as possible, but you don't need to start all at once unless you have rapidly-progressing AIDS and/or severe immune deficiency (If this is the case you should advance to the highest dosages of each component as rapidly as possible).

In week 1, you can start by taking 2 grams (2000 milligrams) of each of vitamin C, lysine, proline, glycine, and arginine, and 1 gram (1000 milligrams) of green tea extract, along with a 25,000 IU capsule of beta carotene, a multivitamin, 500 mg of N-Acetyl Cysteine, 400 mg Milk Thistle Extract, and a calcium-magnesium multimineral supplement, at each meal. Take 3000 mg of chlorella before each meal.

In week 2, you can increase the amount of vitamin C at each meal (to 3 or 4 grams – 3000 or 4000 mg), 200 mg of Alpha Lipoic Acid (but ONLY if you have no silver amalgam fillings), and 400-600 mg of curcumin (turmeric extract) at each meal, add a vitamin E at breakfast, and a zinc tablet between breakfast and lunch (always with a snack and only if the multimineral does not supply sufficient amounts).

In week 3, you can add the rest of the supplements in the list.

Take aloe juice if you have indigestion (many AIDS/CFIDS patients do), as it is an excellent healing agent, and ginkgo for peripheral circulation and maintaining blood flow to the brain.

You should stay on the regimen until your white blood cell count is stabilized, all signs of opportunistic infection have subsided, you show no signs of illness or weakness, and your stamina and energy level are completely restored. For maintenance (that is, for the rest of your life) you should stay on a moderated version of this therapy; see the section on Maintenance Regimen for the Natural AIDS/CFS Therapy.

## The Natural AIDS/CFIDS Regimen

This regimen is based on the clinical research of Dr. Matthias Rath, Dr. Ian Brighthope, and others, with a few additions from the Encyclopedia of Natural Medicine for general immune health.

This should be tailored to your individual case, based on the stage of the disease, and your current health status. Use all components of the regimen for any stage of confirmed active viral or virulent bacterial infection.

If you have difficulty with taking this large number of supplements, you might consider purchasing most or all of them in capsule form and emptying the capsules for the dosage for each meal into the recommended soy protein drink (see below). Some supplements can even be purchased in bulk powder form, and are significantly less costly.

Important Note: daily doses should be divided into 2 or 3 doses taken over the course of the day, preferably at mealtimes. Daily dosage must be consistent. I have indicated with an asterisk (“\*”) the most important parts of the regimen if you are on a restricted budget.

1. \*Soy protein drink powder, non-GMO or organic, such as Spirutein non-GMO or Naturade Organic – ¼ cup (60 ml) mixed in blender with 8 fl. oz. (250 ml) organic soy milk, such as Silk Organic or Whole Foods, 3 times daily. Now Foods makes a Non-GMO soy protein drink that is about one-half the price of the others, but it has no flavoring, so you will need to add fruit or fruit juice. If you are allergic to soy or have chosen to avoid soy for other reasons, you can use egg white, rice, or pea protein drink powder. **This amount of protein (if taken 3 times) is about 60 grams of protein, which is the total amount of protein you need each day if you are at ideal body weight. If you are eating good, healthy, high-protein meals and are having no difficulty digesting them, you do not need to take this component of the regimen.**
2. \*Beta Carotene - 200,000 IU per day, 2 doses of 100,000 IU. Your body makes as much vitamin A as it needs from beta carotene, a natural substance extracted from carrots. (A large carrot provides 25,000 IU of beta carotene.) Excess beta carotene is safely excreted.
3. \*Vitamin C - 20-100 grams (20,000-up to 100,000 mg). Use pure ascorbic acid crystals or capsules, or mixed with bioflavonoids. Start at 2 grams at each meal for several days, then take between-meal doses of 2 grams each. Carefully increase frequency and dose (up to 4 grams per dose) towards 20-100 grams per day until you reach your "body tolerance dose" (loose bowels). Take crystals with orange juice; follow all doses with food or something that will coat your stomach, such as soymilk, so as not to upset your stomach.
4. If you have diagnosed as having advanced AIDS/CFIDS or have opportunistic bacterial, viral, or fungal infections, you should consider finding a doctor who is willing to administer *intravenous* Vitamin C in very large doses - 50-100 grams or more per infusion. Alternative Medical centers or chelation labs, such as the Visions Health Center in Dedham, Massachusetts, the Riordan Clinic in Wichita, Kansas, and the Whitaker Wellness Center in Newport Beach, California have both the facilities and medical staff that can prescribe and administer intravenous vitamin C. Infusions of 100 grams or more can be given quite frequently – up to twice or three times per week if necessary – with high oral doses between infusions.

Here is the link to information about this regimen, originally designed for cancer patients, which provides the preparation and administration protocol that you would bring to the clinic: [http://www.healthy\\_again.net/recnac.htm](http://www.healthy_again.net/recnac.htm)

5. \*Lysine - 6-12 grams (6,000-12,000 mg) per day. Combined with vitamin C, this is a natural protease inhibitor.
6. \*Proline – 6-12 grams (6,000-12,000 mg) per day. Combined with vitamin C, this is a natural protease inhibitor.
7. \*Glycine - 6-12 grams (6,000-12,000 mg) per day. This is a natural protease inhibitor.
8. \*Arginine – 6-12 grams (6,000-12,000 mg) per day. This is a natural protease inhibitor and healing agent.
9. \***Decaffeinated** Green Tea Extract – 2-6 grams (2000-6000 mg) per day. Green tea polyphenols are powerful anti-bacterial and anti-viral agents. A good brand is Life Extension Mega Tea Extract, Decaffeinated, available at [iherb.com](http://iherb.com) and other online stores. (**Note: do not take during pregnancy**).
10. \*MSM – 10,000-20,000 mg per day. MSM is an oxygen transporter which helps increase energy. It also helps protect and rebuild cartilage and connective tissue. Get a powdered brand marked Opti-MSM. This can be mixed in water, juice, or shake and its taste is tolerable. Please also take Chlorella (below) to remove any heavy metals that are mobilized by the MSM.
11. \*Chlorella powder – 1 teaspoon or 3000 mg a few minutes before every meal. Chlorella safely removes heavy metals from the intestinal tract. (Note: Powdered chlorella is much less expensive than tablets.) Start with ½ teaspoon or 1500 mg at each meal, and increase to 1 teaspoon or 3000 mg per meal over several days. Note: some people are sensitive to chlorella. If it causes you stomach or intestinal upset, try using another “green food” such as Natural Factors Enriching Greens or Garden of Life Perfect Food.
12. \*N-Acetyl Cysteine – 1800-2400 mg per day. This is a critical component to protect your liver.
13. \*Milk Thistle Extract (1200 mg/day) to protect and rebuild liver tissue.
14. \*Acetyl-L-Carnitine – 2000-3000 mg per day. Enhances energy to combat fatigue.
15. \*Co-Q10 – 300-2000 mg per day, “high-absorption” type, taken with flaxseed oil or with other food oils. Take the larger dosages if you have serious muscle weakness or chronic fatigue. It is very expensive, so take whatever amount you can afford.
16. \*If you have CFS or CFIDS, or chronic fatigue associated with AIDS, take 15,000 mg of D-Ribose, in divided doses with meals.
17. \*Vitamin D3 – 4000 IU per day, unless you are light-skinned and get daily full-body sun exposure with no sunscreen.
18. \*Vitamin E - over several weeks, build up to 1600 IU per day. (Carefully monitor blood pressure and heart rate. Do not take more than 400 IU if you have high blood pressure.)

19. \*High-dosage multivitamin/multimineral complex per day.
20. \*Organic flaxseed oil – 2 tablespoons (30 ml) per day.
21. \*Pharmaceutical-grade fish oil EPA and DHA essential fatty acids. EPA 4000 mg per day, DHA 2000 mg/day. I suggest Natural Factors RxOmega-3 Factors, EPA 400/DHA 200, since this is derived from fish oil, and a very-high-quality brand is necessary to avoid mercury contamination. EPA and DHA help directly rebuild neural membranes. These are synthesized by the liver from flaxseed oil, but not in sufficient quantities for nerve and neuron tissue repair if there is extensive damage.
22. \*Calcium/magnesium - 1000 mg calcium, 500 mg magnesium, per day. Most people don't get enough of these essential minerals. If you encounter muscle cramps day or night, you can increase these to 1500 mg calcium/750 mg magnesium. When you have blood work done by your doctor, make sure he or she checks the levels of these minerals, and increase accordingly if deficient.
23. \*Zinc/Copper - Zinc 50 mg per day with copper 3 mg per day, taken with meals because it can upset the stomach. (Check the zinc and copper content of the multivitamin/multimineral supplement. Take enough to reach 50 mg/3 mg total.)
24. \*Selenium – 400 micrograms (ug) per day. (Note: some multi-mineral supplements already contain 200 micrograms of selenium.)
25. \*Aloe gel or juice- drink about 4-8 fluid ounces (1/2 - 1 cup, 125-250 ml) per day. Promotes healing of the esophagus, stomach, and intestines. I usually do not suggest brands, but the only brand I have found that is consistently high quality is Lily of the Desert.
26. \*Oregano Oil and Olive Leaf Extract - If you have a fungal infection such as aspergillus or thrush, or a bacterial infection such as staph, strep, or Lyme Disease, add 10% Oregano Oil capsules (1500-2000 mg per day) and 10% Olive Leaf Extract Capsules (1500-2000 mg per day) such as Gaia Herbs formulations, in divided doses (morning and night, must be taken with meals). If using a different formulation of Oregano Oil, such as Now Foods brand, take the equivalent of ~200 mg carvacrol per day. Use at these high dosages for a limited time (2-3 weeks), as antibiotics/anti-fungal agents, until the infection is resolved. If unresolved after the first round, you can safely double the dosage and use several rounds, taking intensive probiotics each day in the middle of the day when not taking the oregano oil, to prevent depletion of intestinal flora (symptom: diarrhea). If you have chronic diarrhea as a result of taking the oregano oil and olive leaf extract, you may need to take a one week break between rounds, rebuilding intestinal flora with probiotics. Also see Note below.
27. \*Keep fluid levels high by drinking ½ to 1 gallon (8 to 16 cups, 2-4 liters) of fluid per day. This is essential both for the high vitamin intake and also to flush toxins out of the body.
28. Alpha Lipoic Acid (ALA) – 900-1000 mg per day (**Do not take if you have any amalgam (“silver”) dental fillings or during pregnancy or have other heavy metal toxicity.**) Delay taking this supplement for one month after beginning the regimen.
29. Ginkgo Biloba - 240 mg per day for increasing blood flow in the brain and extremities.

30. Grape seed extract (95% proanthocyanidins): 300 mg/day
31. Glucosamine - 1500-2000 mg per day. Glucosamine helps protect and rebuild cartilage and connective tissue. (Use synthetic glucosamine if you are allergic to shellfish.)
32. AHCC – 3000 mg per day during intensive therapy, or whatever you can afford, as it is quite expensive. AHCC is a complex of shitake and reishi mushroom extracts developed in Japan, shown to enhance immune function generally and increase NK (Natural Killer) cell production.
33. Quercetin: 800-1600 mg three times a day, about 20 minutes before each meal. Quercetin is a natural anti-inflammatory and histamine moderator.
34. Curcumin (Turmeric Extract): 3000-4500 mg per day **with meals (including soy or rice milk)**, and only if it does not upset your stomach. Curcumin is a powerful anti-bacterial, anti-viral and anti-inflammatory. Can be safely increased to 8000 mg per day for chronic inflammation.
35. Ginger (powder, capsules) - 3000-4500 mg per day **with meals (including soy or rice milk)**, and only if it does not upset your stomach. Ginger is a powerful anti-viral and anti-inflammatory. Can be safely increased to 8000 mg per day for chronic inflammation.
36. Lecithin powder or granules – 1 tablespoon per day if powder, 2 tablespoons per day if granules. Mix with soy protein drink. Lecithin provides some of the raw materials for rebuilding cellular membranes. Purchase in granule form from iherb.com or Vitamin Shoppe.
37. **If you have hepatitis or cirrhosis, please take the alpha lipoic acid (ALA) and chlorella described above, except if you still have amalgam dental fillings, in which case you must avoid the ALA.**

#### Note on Lysine, Proline, Glycine, and Arginine

The safety margin for lysine, proline, glycine, and arginine is quite large. If you discover that the nutrients above are not sufficient to restore your health, you can safely increase the dosage of these amino acids to as much as 15-20 grams each per day, provided you increase fluid intake to 3-4 quarts per day. You should also seriously consider pursuing the Riordan intravenous vitamin C therapy, described above in the section on vitamin C.

#### Note on Olive Leaf Extract and Oregano Oil for fungal infections

If you have an opportunistic fungal or bacterial infection, olive leaf extract and oregano oil are both effective anti-fungal agents that are much safer than pharmaceutical anti-fungal drugs. When you begin using them, you may experience fatigue caused by toxins released by the die-off of the fungus. Increase your vitamin C dosage to counteract these toxins and slightly reduce the dosage of the anti-fungal/anti-bacterial agents until the infection is under control. (Like antibiotics, if used for more than 2-3 weeks continuously, these may cause depletion of intestinal flora in the colon, leading to diarrhea. If this occurs, you can take any probiotic formula, available at all health food stores, to restore intestinal flora.)

#### Detoxification (Herxheimer) reaction

During the first week you may find that you have a lack of energy and need more rest. This is a normal detoxification reaction which will subside. You may need to moderate your daily physical routine to adapt to this; please do not over-exert yourself. Get lots of rest, keep up your water intake, and be sure that you are taking the liver support supplements (N-Acetyl Cysteine and Milk Thistle) and of course vitamin C. If the reaction is severe, have your doctor check your vital signs (heart, breathing) and cut the regimen by half (except vitamin C) until the reaction subsides and then increase again.

## Important Note and Disclaimer

Jonathan Campbell is a health and environment researcher and consultant. He is not a physician, and the information, suggestions, and recommendations that he provides are not prescriptions. When you pursue alternative remedies, you are taking full responsibility for your own health decisions, and it is recommended that you consult with a qualified physician supportive of naturopathic approaches to immune enhancement who has access to testing laboratories to monitor your progress. This is especially the case if you currently take any pharmaceutical drugs, as your dosage requirements will likely change as your body heals.

Many patients have used a subset of the therapeutic supplement regimen described above to successfully treat and reverse their disease conditions. However, it is important also to understand that no therapies, no matter how well tested or proven, can be guaranteed to be effective for every case. Advanced AIDS sometimes completely destroys tissue and essential organs vital for life, and no therapy, no matter how effective, can reverse this destruction.

## Maintenance Regimen for The Natural AIDS/CFS Therapy

Once you have successfully eliminated the disease agents in your body and your health is restored, you will need to keep up a strong immune system maintenance regimen to prevent re-occurrence. The following nutrients will help you to do this.

- a. Beta Carotene – 25,000-50,000 IU per day, in 2 doses. This is the safest way to obtain vitamin A, since Beta carotene is very safe in extraordinarily large doses, whereas vitamin A oil is toxic in large doses.
- b. Vitamin C - 6,000-20,000 mg (6-20 grams), in the form of crystals or capsules, keeping near bowel tolerance (as discussed in the primary regimen). Take crystals with orange juice; follow all doses with food or something that will coat your stomach, such as soy drink.
- c. Lysine – 3-4 grams (3,000-4,000 mg) per day. Combined with vitamin C, this is a natural protease inhibitor.
- d. Proline – 3-4 grams (3,000-4,000 mg) per day. Combined with vitamin C, this is a natural protease inhibitor.
- e. Glycine - 3-4 grams (3,000-4,000 mg) per day. This is a natural protease inhibitor.
- f. Arginine - 3-4 grams (3,000-4,000 mg) per day. This is a natural protease inhibitor.
- g. Green Tea Extract – 1 gram (1000 mg) per day.
- h. Curcumin (Turmeric Extract): 500-600 mg per day with meals. Curcumin has a powerful anti-viral effect.
- i. Vitamin D3 – 4000 IU per day, unless you are light-skinned and get daily full-body sun exposure with no sunscreen.
- j. Vitamin E – 800-1200 IU per day.
- k. Calcium/magnesium - 1000 mg. calcium, 400-500 mg magnesium, per day.
- l. High-dosage multivitamin/multimineral complex per day.
- m. Zinc – 50 mg zinc/3 mg copper, taken at a different time than Vitamin E. If tablets irritate your stomach, there are zinc lozenges available at health food stores. (Check the content of the multimineral/multimineral supplement. Take enough to reach 50 mg/3 mg total.)
- n. Keep fluid levels high by drinking ½ to 1 gallon (8 to 16 cups, 2-4 liters) of fluid per day. This is essential both for the high vitamin intake and also to flush toxins out of the body.
- o. Aloe juice - drink 1-2 fluid ounces per day, especially if you have stomach or intestinal problems.
- p. Ginkgo Biloba - 120 mg per day for increasing and maintaining blood flow in the brain and extremities.
- q. Grape seed extract (95% proanthocyanidins): 100 mg/day

- r. Lutein – 10-20 mg per day helps to prevent cataracts and eye degeneration.
- s. Bilberry – 300 mg per day helps retain visual acuity.
- t. Lecithin – 1 tablespoon per day. This extract from soybeans provides the raw materials to maintain neural membrane health.
- u. Organic Flaxseed oil – 2 tablespoons per day. This provides the correct balance of essential fatty acids for cellular and neural membrane health.
- v. **If you have hepatitis that has not been resolved by the time you begin this maintenance regimen, continue with the high doses of chlorella, selenium, and milk thistle extract recommended in the full-strength regimen.**

If you have allergic symptoms or inflammation:

- a. Ginger: 1000-8000 mg per day with meals.
- b. Turmeric Extract (Curcumin): 1000-8000 mg per day. Must be taken with meals. Curcumin is a natural anti-inflammatory, and also has a powerful anti-cancer and anti-viral effect.
- c. Quercetin: 800 mg three times a day, about 20 minutes before each meal.

## The Natural AIDS/CFIDS Therapy: Frequently Asked Questions

How does this natural AIDS therapy work?

The symptoms of AIDS/CFIDS – immune dysfunction, opportunistic infection, and tissue destruction – are caused by toxins and enzymes produced by disease agents. These disease agents spread (replicate) by using an enzyme called protease, which destroys collagen. The AIDS/CFIDS regimen, the core of which was developed by Dr. Matthias Rath, works in eight ways to stop AIDS and its symptoms:

1. The core nutrients of the regimen – vitamin C, lysine, proline, glycine, and arginine – together stop the action of disease proteases. Thus in combination they act as natural protease inhibitor. In other words, the disease protease molecules are neutralized by the amino acids, which act as “decoys” to prevent the protease from attacking T-cells and destroying collagen in living tissue. Synthetic protease inhibitors such as in Efaverez, Crixivan, and Kaletra have the disadvantage that the disease agents can mutate to produce a different protease that makes the inhibitor ineffective. This is not a possibility with the natural AIDS therapy because the inhibitor amino acids lysine and proline are biologically identical to the amino acids in the target tissue (collagen).
2. The regimen builds and strengthens your immune system by supplying the raw material (vitamin C and zinc) for building healthy white blood cells, which can identify, surround, and destroy bacteria, viruses and unhealthy cells. This fortifies the body to fight the disease agents directly and strengthens the body against opportunistic infections.
3. The therapy contains two potent anti-disease nutrients – green tea catechins (GTCs) and curcumin. There are many studies showing the effectiveness of these natural anti-disease nutrients against disease agents, yet they are completely non-toxic in enormous quantities since they are common food and drink nutrients. Turmeric is the main ingredient in Indian curries, and green tea has been one of the most popular drinks in China and Japan for thousands of years.
4. The vitamin C in the regimen acts as an anti-oxidant detoxifying agent – a toxin sponge mop. AIDS/CFIDS disease agents – and the tissues they destroy – produce toxins that cause more tissue destruction. Vitamin C neutralizes these toxins into harmless chemicals that are then excreted.
5. The vitamin C, lysine, and proline in the regimen allow your body to quickly rebuild and regenerate the connective tissue – collagen – and other tissues that have been destroyed by the disease agents.
6. If you are using pharmaceutical anti-viral or anti-bacterial drugs, the vitamin C in the regimen reduces side effects of these drugs by removing the toxins produced by their action in the body. However, as stated earlier, these drugs are often cited as a cause of AIDS progression, so their continued use should be avoided.
7. When used in conjunction with a healthy diet, the therapy provides sufficient nutrients to restore normal cellular metabolism. These nutrients are often deficient in AIDS patients.

8. The ginkgo biloba in the regimen increases peripheral circulation, including to neurons in the brain and elsewhere. This helps to reduce or prevent neuropathy, a common problem faced by AIDS/CFIDS patients.

Are there documented studies of this therapy?

The studies thus far have been small pre-clinical studies done by Dr. Rath and his associates, and are ongoing. The results have been very positive. For the first time, there have been documented cases of dramatically increased white blood cell counts and improved health solely using a natural therapy. Anecdotal reports of the therapy can be found at <http://www.healthy-again.net.com/winningwaronaids.htm>.

(The pharmaceutical industry is not particularly interested in inexpensive, natural nutritionally-based therapies; as a result, their allies in the government do not generally fund studies of natural therapies.)

Is this AIDS therapy safe?

The AIDS/CFIDS therapy nutrients are ordinary food nutrients. It has **no side effects**.

Vitamin C is an essential nutrient needed for dozens of cellular systems – tissue reconstruction and regeneration, cholesterol recycling, and white blood cell creation to name just a few. Most animals produce their own, but humans must get it in food or nutritional supplements in large quantities – much larger than the federal RDA – to remain healthy. (For more information about the safety of vitamin C, see the section entitled “Is vitamin C safe?”)

Beta carotene is derived from carrots or other yellow-orange vegetables. It is proven safe in enormous quantities. Your body makes as much vitamin A as it needs from it; vitamin A is needed for healing and to maintain eye health. Any excess of beta carotene is safely excreted.

Lysine, proline, glycine, and arginine are ordinary amino acids derived from protein such as soybeans. The concentrations provided by the regimen are higher than in normal food, but consider: the semi-solid part of our bodies – mostly made of collagen – is composed primarily of lysine, proline, and glycine. This is the very tissue that the AIDS disease agents are destroying.

As mentioned earlier, curcumin and green tea are common food and drink nutrients.

Aloe juice has been safely used for many years for gastrointestinal problems, which often accompany AIDS/CFIDS.

Ginkgo biloba has been used for many years for helping middle-aged and elderly people maintain brain health.

Does the AIDS/CFIDS therapy interfere with pharmaceutical drugs for AIDS?

The regimen does not interfere with these drugs; in fact, the vitamin C in the regimen reduces the side effects of these drugs by neutralizing toxins produced by their action in your body.

However, as stated above, these drugs are cited as causes of AIDS progression, and should be avoided.

### What about other medications and insulin?

If you are currently taking a statin drug to reduce cholesterol, you can discontinue using it once you have started taking this regimen. Having a sufficient blood level of vitamin C will naturally reduce and balance your cholesterol count.

If you are taking other heart or blood-pressure remedies (e.g., beta blocker, calcium channel blocker), ask your doctor to carefully monitor the symptoms that these drugs are supposed to address, and taper off the dosage as your cardiovascular system becomes healthy again on its own.

**If you have diabetes, it is imperative that you monitor blood sugar closely and frequently, as your need for insulin will likely decrease. This is especially true in the case of Type II (age-onset) diabetes.**

### Why is there a range of dosage?

For people with AIDS, CFS, or CFIDS or have been diagnosed “HIV-positive”, the smaller dose is the beginning dose and the larger dose is the target dose. For most people, taking this number of supplements is quite different from what they are used to, and a bit overwhelming. Furthermore, it takes your body a few days to adjust and begin to use the amounts of vitamin C in the regimen. Elevate your dosage to the target dosage range as soon as practicable.

### Why don't most doctors know about this therapy?

This therapy and other natural remedies for chronic illness are not known by most doctors because their primary source of information is the pharmaceutical industry, which has no incentive to publicize non-patentable, inexpensive, natural remedies or cures. Doctors are literally barraged each day with drug company reports, press releases, and free samples. Meanwhile, we are treated to advertisements for these expensive new pharmaceutical “remedies” on television and in virtually every newspaper and magazine in the United States, so that we know just which drugs to ask for from our doctors.

The conventional treatments for chronic illnesses do not generally cure or prevent these illnesses, but instead call for expensive maintenance drugs or toxic chemicals that destroy the immune system and inhibit healing.

These maintenance and/or toxic therapies represent hundreds of billions of dollars per year in drug company revenue. Thus cheap, non-patentable natural remedies and cures represent a major threat to these companies.

### Is vitamin C safe?

Vitamin C is probably the safest nutritional supplement. In fact there is no toxic dose. It is proven safe in huge quantities. Intravenously it has been in quantities of 200 grams per day with no side effects. Dr. Ian Brighthope of Australia and Dr. Robert Cathcart in California use 100+

gram vitamin C infusions for their AIDS patients, with no adverse effects. Its only “side effect” is mild diarrhea if you take too much orally. Some AIDS patients have taken enormous quantities orally – upwards of 100 grams per day – for extended periods of time, again with no side effects.

Almost all animals on earth produce their own vitamin C, at concentrations between 30 and 300 times as much as the FDA says we need. Humans, monkeys, guinea pigs, and a few other animals have a genetic defect that prevents them from turning blood sugar into ascorbate – vitamin C. When most animals are under stress – when they are scared or ill or exposed to toxins – their internal vitamin C factories go into overdrive and provide this nutrient in very large quantities.

### What about the vitamin C scares?

There have been no documented cases of anyone who has ever had adverse side effects from taking very large doses of vitamin C, other than the diarrhea mentioned above, which is simply the indicator that you have exceeded the dose that your body is using. But for many years, the pharmaceutical industry has gone to great lengths to scare people away from vitamin C. These companies have huge investments in expensive prescription drugs that attempt to treat the symptoms of diseases that would be addressed, cured, or prevented easily and cheaply with the same dosage of vitamin C as is found in the blood of most animals.

The scares have accelerated since 1999. One researcher noted finding vitamin C in a cancer tumor, and then reported that vitamin C might induce cancer or interfere with anti-cancer agents. If he had understood the action of vitamin C against cancer, he would have realized that the vitamin C that he found was contained in leukocytes — our body's natural immune defense mechanism against cancer — that had collected in the tumor to attempt to destroy it!

A few months later, two researchers reported “thickening of the artery wall” from vitamin C, assuming that the arteries were being blocked. In fact, they did not test for blood flow, and if they, too, had understood the action of vitamin C, they would have realized that the thickening was in fact related not to the blocking of the arteries, but rather to the strengthening of the arteries that was due to proper collagen formation.

Finally, in June of 2001 a researcher at a university that receives large amounts of funding from drug companies reported, with great media attention, a test-tube experiment in which he analyzed the action of vitamin C on “peroxidized lipids” (blood fats that had been made toxic by extreme free radical damage) and reported that the resultant compounds might be carcinogenic. This researcher failed to mention that this test tube reaction has been known for several years and that no such reaction has ever been found in animals or humans. He also failed to mention that peroxidized lipids do not form in the first place in a person who takes adequate vitamin C. Finally, he failed to mention that peroxidized lipids are extremely toxic to the body anyway, so that claiming that they turned into something toxic when exposed to vitamin C is misleading at best. This might be equivalent to saying, “When I applied vitamin C to cyanide I got something poisonous.”

It is interesting to note, as has Dr. Matthias Rath, that the timing of these scares coincides with the meetings of the Codex Alimentarius commission of the United Nations. In his public lectures Dr. Rath has pointed out that this commission is strongly influenced by the major pharmaceutical companies.

## Safe Testing Protocols for CFS, AIDS, and CFIDS

The only tests that can adequately test your progress against the diseases are the ones that measure your white blood cell counts.

CD4, CD8, and NK counts. Normal CD4 counts are between about 500 and 1500, with women's CD4 counts slightly higher (by about 100) than men.

Normal CD8 counts in healthy people are typically about one-half the CD4 count (250-750).

Normal NK (natural killer) counts in non-infected people are typically about 100-500.

It is important to stay on the full Natural Regimen dosages consistently until your CD4, CD8, and NK counts are normal for at least a year. Thereafter, it is important to re-test every 6 months and to stay on the Maintenance Regimen as a lifetime commitment, increasing to the full regimen dosages if you become ill with a cold, flu, or other illness, and returning to the maintenance dosage as you become well.

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