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Fighting AIDS naturally

Nov 25, 2010



Brittney M. Walker | OW Staff
Writer

Holistic treatment

World AIDS Day is Dec. 1, and on that Wednesday, organizations, HIV/AIDS research supporters, and activists will rally in the name of safe sex and virus awareness. HIV/AIDS is epidemic among Blacks globally and has taken on a monstrous face that is killing us at an alarming rate.

In 2008, the Centers for Disease Control noted that 18,328 African Americans were diagnosed with AIDS adding to the more than 400,000 diagnosis since the

discovery of the syndrome.

California was the leading region in the U.S. in 2008 with the most AIDS diagnosis.

Everyday worldwide, an estimated 5,500 people die from AIDS.

By now, with technological advancements, medical miracles, and unconventional healing, it would seem that finding a cure for the disease might be more advanced, and the pandemic would be turned on its backside. But the sad and fearful truth is that it has not slowed down.

In fact, AIDS is spreading faster, almost like a wild fire on a hot, breezy summer afternoon.

According to United States Agency for International Development (USAID), there are 7,400 new HIV cases reported daily; in 2008 an estimated 2.7 million people were diagnosed.

While the spread of the disease is increasing and more people are dying, some treatments have been proven to help HIV/AIDS patients live more freely and even reverse the damage.

The human immunodeficiency virus, HIV, destroys specific blood cells (CD4+ T cells), which are crucial in fighting viruses. The disease is usually spread through unprotected sex, sharing needles or other equipment to inject drugs, or being born to an infected mother.

It can also be spread from a mother during pregnancy, birth or even through breastfeeding.

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Across Black America

Here's a look at African American people and issues making headlines throughout the country.

Arizona

With 5.4 million Americans living with Alzheimer's today, African Americans are twice as likely to be diagnosed with the disease. As awareness continues to grow around Alzheimer's, the new Alzheimer's Prevention Registry created and led by Banner Alzheimer's Institute allows concerned individuals to enroll and help further research in an effort to treat and prevent the disease. A new survey shows nearly half of U.S. adults have a personal connection to Alzheimer's disease. According to a national survey for the Banner Alzheimer's Institute, the results also found more than seven in 10 adults, or 218 million Americans, worry about memory loss or the disease for themselves or a loved one.

California

The Los Angeles Lakers will hold ceremonies to honor three of their all-time great players during the 2012-13 season. In the first of these events, on Friday, Nov. 16, the Lakers and Staples Center will unveil a statue of Kareem Abdul-Jabbar at Star Plaza outside the center. Kareem's statue will join those of former Lakers Earvin "Magic" Johnson and Jerry West; former Kings hockey great Wayne Gretzky, boxer Oscar De La Hoya and former Lakers broadcaster Francis "Chick" Hearn. Abdul-Jabbar was a member of the Lakers from 1975-1989. He finished his career as the NBA's all-time leading scorer (38,287), a record that still stands today. His accolades include six NBA championships (1971, '80, '82, '85, '87 and '88); six time NBA MVP (1971, '72, '74, '76, '77 and '80); 10 time All-NBA First Team; Five-time All-Defensive first team; six time All-Defensive Second Team and 19 time All-Star. Abdul-Jabbar was inducted into the Naismith Memorial Basketball Hall of

Its origins are unknown, but AIDS, which stands for Acquired Immunodeficiency Syndrome is basically the presence of HIV combined with other infections and/or cancers; or sexually transmitted diseases. Also, HIV can possibly turn into AIDS at some point in a survivor's lifetime, according to the Centers for Disease Control and Prevention. HIV plus one or more of a list of viruses or diseases equal AIDS. For example, tuberculosis plus HIV is AIDS.

Although both HIV/AIDS are deadly, millions of people have found ways to survive and live much longer with various treatments, including natural healing therapy.

Many holistic doctors and specialists stress the importance of treating your body right — naturally.

But when you have not and your body begins to reflect that behavior, nature has its way of counteracting unnatural occurrences.

In relation to HIV/AIDS, many holistic practitioners disagree with the use of man-made antibiotics. Because, AIDS, itself is a collection of several health infections, diseases, and/or viruses, some believe the cure requires a multifaceted approach.

African holistic and naturopath specialist, Doctor Llaïla Afrika, says in an article entitled, "AIDS: A Black Genocide Game," that the fear behind the virus or syndrome is really misplaced and the pharmaceuticals AIDS patients are taking are, in fact, more harmful than the disease.

"Diseases of the sex organs arouse fear, emotions and religious issues. It is easier to market a disease such as AIDS, if there is sex attached to it. It is easier to get the victims to take worthless drugs (i.e., AZT)."

"Taking AZT is like playing Russian roulette with a lethal poison instead of a lethal bullet," the radical doctor writes. "It will kill you, but the disease/medical industry will always say you will die of AIDS and complications of AIDS. If a healthy person takes ATZ, they will die within three years (according to Glaxco-Smith, the manufacturers of the drug). However, they won't prescribe it to a healthy person, as this would expose the AIDS genocide crimes."

Theories behind the AIDS genocide are a whole other topic we have yet to address, however those ideas are popular in conscious circles. Dr. Gordon Stewart and Doctor Afrika agree that the disease can be caused by "several simultaneous strains on the immune system—drugs, pharmaceutical and recreational, sexually transmitted diseases and, multiple viral infections."

Doctor Afrika emphasizes the importance of good nutrition. He teaches audiences that the first thing anyone needs to do is change his or her diet. Along with a change in diet and a more natural way of eating, he also recommends in his book "African Holistic Health" the following herbs for the natural treatment of AIDS— Burdock Root, Comfrey, Dandelion Root, Elecampane, Ginko, Ginseng, Milk Thistle, Pleurisy, St. John's Wort, Saw Palmetto, Suma, and Yohimbe.

Several other natural therapies have been developed including the use of mushrooms.

Drs. John Heinerman and Lendon H. Smith, authors of "The Family Encyclopedia of Natural Healing," write that a California doctor conducted shiitake mushroom therapy on some of his AIDS patients.

"Dr. Badgley cited his own test results with four AIDS patients who were placed on shiitake mushroom therapy for several months. In every case, there was a dramatic jump in their T-cell and absolute helper cell productions, resulting in a leveling off the disease to some extent," the doctors write.

They also mention that aged garlic has been proven to work effectively in warding off AIDS viruses and side effects. Other virus fighting agents may be found in different parts of the world.

Kyolic, an aged garlic from Japan is another recommendation both Heinerman and Smith made.

Echinacea, licorice root, wheatgrass, algae, goldenseal root, chaparral, red clover, and pau d'arco are also natural remedies holistic doctors say help with HIV/AIDS treatments, especially when the immune system is worn down.

Studies have also shown that people with the illnesses who eat very spicy foods frequently had stronger immune systems and were able to keep other infections to a minimum much better than those who did

Fame in 1995.

The 22nd annual NAACP Theatre Awards, presented by the NAACP Beverly Hills/Hollywood Branch, was recently held at the Directors Guild of America in Hollywood. It was appropriately themed "A Salute to Black Theatre." According to the African Theatre Ensemble, "through pioneering creative efforts, theater has become functional, collective, and committed as reflected in the unique rituals and particular historical perspectives of African and African American people. African Theatre is ritualized through music, poetry, dance, folklore, and religion, thus creating a theater art form that serves a greater purpose than theater for theater's sake. The mission of the African Theatre Ensemble, therefore, is to strengthen our identity, confirm our history, and concretize our future directions."

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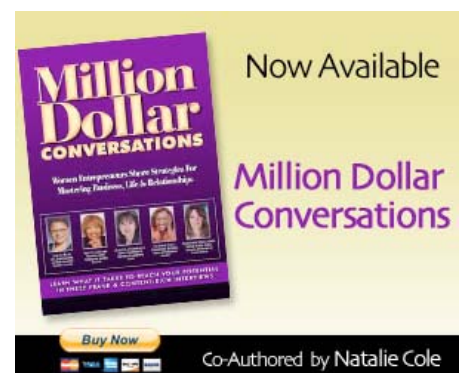
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not.

Dr. Gary Null, a nutrition health guru and author of “The Complete Encyclopedia of Natural Healing” also recommends supplements that help ease the fight: Acetyl-L-Carnitine, Acidophilus, Alpha-Lipoic Acid, Vitamin B6, Beta-Carotene, Vitamin B12, melatonin (a substance produced by the pineal gland, which is most active in Black people), Zinc, and even shark cartilage. An exhaustive list may be found in his book.

As Heinerman and Smith mentioned before, Chinese herbs are among the popular natural medicines holistic doctors are listing.

“Traditional Chinese medicine holds that the terrain is more important than the germ attacking it. A healthy person easily resists foreign invaders, while a weak one is susceptible to almost everything,” Null writes. “Based on this philosophy, certain plants have been used for thousands of years as a fundamental part of Chinese medicine to strengthen the immune system.”

No one cure for HIV/AIDS is known, but as we can see, there are several natural ways of eliminating the symptoms and perhaps even removing the disease altogether. If you are living interested in a natural way to treat HIV/AIDS seek a professional for holistic healing recommendations. Each treatment is unique for each individual patient.

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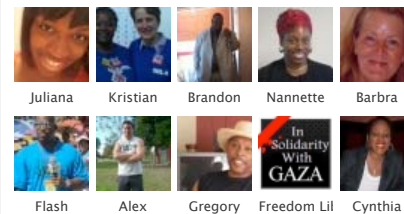
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