

Alternative Health Program to Increasing the Well-Being in HIV & AIDS www.malariaandmore.weebly.com

Developed for Human AID Voluntary & Charity Organization, Ghana – a part of an Alternative Program

What are the Goals ?

We would like to increase the quality of life of HIV and AIDS patients on pure natural basis. Also is it the mission in prevention of related infections such as candida overproduction, herpes and others.

What for possibilities are available ?

Ghana has some naturally ingredients, that can used to supporting.

– Several foods containing valuable active ingredients and can be useful in the case of HIV / AIDS.

– Specific herbal extracts and supplements can be a help and increase the effectively of some medical drugs, that are used in HIV / AIDS.

Naturally Remedies from Ghana's Nature

Green Papaya: Recent studies show that the papaya may hold the cure to the deadly AIDS virus. Researchers in the Philippines believe that eating papaya could help boost the immune system and reduce the viral load of HIV in some patients.

Coconut Oil: It supports the immune system and is a natural fighter against HIV or HIV-1,-6. Learn more about coconut oil and it's potential as cure for HIV and AIDS infected people. **(1)**

Aloe Vera: According Dr. Terry Pulse is Aloe to an AIDS patient such as insulin is to a diabetic. Why that so is, you can learn more below.

Aloe has shown as well to boost the beneficial effects of drugs used in conventional treatment, including AZT. In an early study using 100% Aloe Vera juice as a nutritional supplement for AIDS patients, most of the participants reported a decrease in symptoms within three to five days. The study concluded that Aloe Vera represents a promising nontoxic

complementary therapy capable of "halting the progression of the HIV virus by boosting the immune system, decreasing the P24 core antigen activity and improving the overall quality of the patient's life. **(2, 3)**

Candida Overproduction in HIV / AIDS: Many patients having problems with an overproduction of candida yeast.

The essential oil of lemongrass is fantastic working in this area. **(4)**

Put 5 drops of lemongrass oil at one teaspoon coconut oil and take it two times daily for at least 5 days. After the intake drink at least 1 cup pure water or cooled-up lemongrass- ginger tea.

Lemongrass-Ginger Tea

Ingredients

2 lemongrass, sliced
2 thick slices ginger, chopped
1 slice lemon or orange
2 cups boiled water
sweeteners of choice e.g. stevia

Method

Mix all ingredients together and filter up in 10 minutes.
Instead of essential oil of lemongrass you can prepare a Coconut-Lemongrass Macerate.

Coconut-Lemongrass Macerate

Ingredients

3 lemongrass, sliced
200 ml cold-pressed coconut oil
just if available finely chopped peel of one lemon
plastic or glass bottle

Method

Soak the fresh lemongrass in coconut oil for two weeks.
Use the daily sunshine and put the bottle at a sunny place. Sunshine promotes this preparation. Its helping that the active ingredients of lemongrass are moving in the coconut oil. Shake the bottle two times per day, best is in the morning and evening.
After two weeks filter out and fill up in a bottle.
The active ingredients of lemongrass and coconut oil are a great combination.

Tip 1: If available then we can add 30 drops essential oil from lemongrass in the ready "Coconut-Lemongrass Macerate". If so, then is the daily dosage changed, because its stronger.

Tip 2: If available, then we can add finely chopped peel of one organic lemon. The essential oil of lemon peel is stimulating the white blood cells and thus increases your ability to fight diseases. Also it helps in preventing of infections. **(9)**

Suggested Use

Coconut-Lemongrass Macerate **(without extra essential oil)**: 3 x 2 tsp. daily for 5 to 10 days.

Coconut-Lemongrass Macerate **(including essential oil)**: 3 x 1 tsp. daily for 5 to 10 days.

Garlic: Its having an anti-HIV activity, that is 45 times more powerful than the drug dextran

sulfate. (5, 6, 7)

You can use fresh garlic, fresh pressed garlic juice, essential garlic oil (mix 1 tsp. vegetable oil like cold-pressed virgin coconut oil with 3 drops of them) or follow homemade garlic oil macerate.

Garlic Macerate Oil

Ingredients

20 cloves fresh garlic with peel, finely chopped
200 ml cold pressed vegetable oil e.g. coconut oil
3 tsp. curcuma powder or some chopped curcuma root

Method

Mix all ingredients together in a bottle and shake it in the morning and in the evening. Filter the oil mix out 10 days later. And fill the oil macerate in a bottle.

Comment: Curcuma increased the absorption of the active ingredients of garlic. By the way garlic supports the cardiovascular system and can be helpful in high blood pressure and diabetes.

Suggested Use: 3 x 1 tsp. Daily.

Another recipe for a Garlic Liquid

Ingredients

2 garlic cloves, peeled
1 orange, juiced
maybe a half lemon or lime, juiced (if available)
. teaspoon curcuma powder

Method

Mix in a blender together and drink.

Best Foods for HIV / AIDS & Benefits

This chart **is just** an information, as beneficial can be a healthy diet. It is NOT a MUST to prepare this all.

This list is very long, because God created many various vegetables, fruits and others. Good things are available in Ghana too like coconut, coconut water, papaya and those are very beneficial for HIV / AIDS patients as well.

Food Sources of Chlorophyll: Green salads, green vegetables, fresh and dried wheat grass, barley grass, spirulina.

Anti-HIV related Benefits: Promotes healing reaction in cells and build white and red blood cells. If you have a proper immune system it will help your organism to fight against the HIV infection.

Also Chlorophyll supports a healthy acid-alkaline balance and reduces any kind of toxins in

your body.

Food Sources of natural immune Substances: Mushrooms e.g. ABM, maitake, shiitake, mushroom drink soup, onion, shallot, any kind of onions, citrus fruits, enzyme rich fruits e.g. papaya, pineapple, fig, salads and vegetables with a lot of chlorophyll, sprouts, pear, sun choke, tomato.

Anti-HIV related Benefits: A powerful immune system is known for its anti-HIV activity.

Food Sources of Carotinoides with Vitamin A-Activity: All yellow, orange and green fruits & vegetables e.g. carrots, pumpkin, carrot juice, papaya, mango, dried goji berries etc. .

Anti-HIV related Benefits: Vitamin A/provitamin A makes antibodies more responsive to various kinds of infections, increases the rate at which macrophages engulf and destroy bacteria and stimulates Natural Killer (NK) cells.

Food Sources of Vitamin C: Dragon fruit, oranges, tangerines, lemons, fresh kiwi fruit and dried kiwi, mango, papaya and guava, broccoli, spices like green pepper and red pepper, parsley.

Anti-HIV related Benefits: High concentration of vitamin C blocks HIV more than 99 %. Vitamin C is a great immune system fighter.

Food Sources of Germanium: Mushrooms, mushroom special teas, mushroom drink soup, garlic, onion, shallot, any kind of onions, watercress and sprouted beans and wheat.

Anti-HIV related Benefits: It can block the replication of the HIV virus by stimulating the body's production of Interferon and increasing the body's production of powerful immune related substances like Macrophages.

Food Sources of Quercetin: Apples, oranges, lemons, limes, green tea, Rooibos tea, and onions, nuts, with smaller amounts in green vegetables, rosemary.

Anti-HIV related Benefits: Quercetin is a water-soluble plant pigment called a bioflavonoid. It Inhibits HIV-1 Infection in normal peripheral blood mononuclear cells. (10, 11)

Food Sources of Ellagic Acid: Strawberries, pomegranates and the best source, red raspberry seeds/red raspberries.

Anti-HIV related Benefits: Studies have shown that ellagic acid has some anti-HIV activity in vitro (Lab).

Food Sources of Resveratrol: Grapes, grape juice, berries e.g. blueberries, bilberries. In grapes, resveratrol is found only in the skins .

Anti-HIV related Benefits: Resveratrol blocks some of the cellular enzymes which HIV uses to reproduce.

Food Sources of Lycopene: Papaya, pink or red grapefruit, watermelon, tomatoes, carrots, and red peppers. The best source of lycopene are ripe tomatoes.

Anti-HIV related Benefits: Lycopene is a carotinoid without Provitamin-A activity and it is present in human serum, liver, lungs and prostate. People infected with HIV are generally deficient in Lycopene (indicating that supplemental Lycopene may be of benefit to HIV positive persons).

Food Sources of Mannose: Cranberry, soy beans, beans green, tomato, eggplant, white cabbage, aloe vera, mango and sunflower leaves.

Anti-HIV related Benefits: This natural sugar can inhibit HIV1.

Secret Tip: Mannose is a fantastic antibiotic substitute, if you have a bladder infection.

Food Sources of Arabinogalactan: Tomatoes, carrots, pears, coconut, leek, onion, spinach, broccoli, avocado, eggplant, mango, apples, apricot, banana, graviola (sour sop) radish, wheat, turmeric, rice, echinacea tea, marshmallow root.

Anti-HIV related Benefits: Research conducted at the University of Minnesota reevaluated that arabinogalactan stimulated immune cells and a proper immune system helps your organism to fight against the HIV infection. **(12)**

Arabinogalactan also promotes the growth of probiotic bacteria like lactobacillus and bifido.

Food Sources of Bromelain: Fresh and dried pineapple, pineapple juice.

Anti-HIV related Benefits: Inhibiting HIV proteases (in test tube studies, it has been shown to have better activity than anti-HIV drugs).

Food Sources of MCFA: It stands for Medium Chain Fatty Acids and it is contained in cold-pressed coconut oil, fresh and dried coconut and coconut water .

Anti-HIV related Benefits: AIDS can cause some infections. MCFA kill lots bacteria, viruses like herpes, EBV or mononucleosis, fungi's (yeast infections), parasites and protozoa.

Food Sources of Lauric Acid: In the human body it will formed into monolaurin. It has broad antimicrobial properties. Lauric acid is contained in coconut oil, fresh and dried coconut, coconut water, bitter melon or bovine colostrum.

Anti-HIV related Benefits: Helps in supporting the immune system and it is a natural fighter against HIV.

Nutritional Supplements & Herbal Extracts in Case of HIV & AIDS

Shiitake Extract: Anti-viral activity, stimulates immune system, incl. NK portent substance in shiitake) in combination with 3'-azido-3'-deoxythymidine (AZT) suppresses the surface expression of HIV antigen more strongly than AZT alone in vitro.

Suggested Use: 2000 mg/day (1000 mg in the morning, 1000 mg evenings)

AHCC: Clinical studies have shown that AHCC to increase significantly immune response, activates macrophage activity, NK and LAK cells, increases production of cytokines including TNF- , IFN- , IL-1, IL2, & IL-12. Studies show that AHCC increases the quality of life for patients with AIDS.

Suggested Use: At least 1500 to 3000 mg/day.

Astragalus Extract: It can promote the production of interferon by viral stimulations. Astragalus boosts immune system. Astragalus is a good source of betaglucan. It increases the effectiveness of certain immune cells, including natural killer cells and other immune cells that engulf bacteria and viruses. Astragalus contains compounds called saponins that may be responsible for this effect, according to the Memorial Sloan-Kettering Cancer Center. In a 2008 study published in the "Journal of Immunology," an extract of astragalus called TAT2 enhanced the ability of immune cells to destroy viruses such as HIV.

Suggested Use: 3 x 500 mg.

Germanium (Ge-132): This trace element stimulates the production of interferon and natural killer cells (NK), inhibits detoxication enzyme glutathione-S-transferase, acts as free radical blocker.

In animal studies, oral administration of Ge-132 stimulated production of gamma-interferon (gamma-IFN) and activation of macrophages and natural killer cells. In humans, Ge-132 has been claimed to affect T- and B-cell function, natural killer proliferation, and other immune functions. An abstract at the IX International Conference on AIDS in Berlin reported that "organic" germanium may act synergistically with alpha interferon in inhibiting HIV in the test tube.

Suggested Use: 100 to 300 mg/day.

Vitamin C: Robert Cathcart, M.D. in California treated AIDS patients with up to 200,000 milligrams (mg) of vitamin C a day. He found that even advanced AIDS patients live significantly longer and have far fewer symptoms. The acidity of vitamin C as ascorbic acid may cause stomach agitation in people who are sensitivity to acidity.

The natural metabolites of ester C provide quicker absorption and longer retention than the other form of vitamin C such as ascorbic acid. Ester C is an acid neutralized form of vitamin C with non-irritating to the digestive system.

Suggested Use: 3 to 5 g as ester C e.g. ascorbyl-palmitate. You can take as well buffered vitamin C (ascorbic acid with buffering minerals).

Zinc: Boosts immune system, inhibits HIV.

Suggested Use: 120 mg + 5 mg copper/day.

A zinc type as chelate, zinc orotate, zinc gluconate and picolinate is preferred.

Vitamin A: Vitamin A (Retinol) and its provitamin A (Beta carotene) have many benefits and important functions in our body such as vision, skin and production of red blood cells. Vitamin A makes antibodies more responsive to various kinds of infections, increases the rate of macrophages which engulf and destroy bacteria and stimulates natural killer (NK) cells. Vitamin A and Provitamin A are an important part of zinc and iron resorption.

Food Sources of Vitamin A/Provitamin A are e.g. butter, cheese, eggs, milk products, fish. Provitamin A (Beta Carotene) can you find in mango, papaya, apricot (dried fruit too), dark green vegetables, carrots, broccoli, spinach, sweet potato.

Suggested Use: 75.000 to 100.000 I.U.

Trametes Versicolor: It is shown that the polysaccharopeptide is capable of inhibiting human immunodeficiency virus type 1 (HIV-1) reverse transcriptase and protease, the two enzymes of paramount importance to the life cycle of the HIV. The polysaccharopeptide inhibits other proteases including trypsin, α -chymotrypsin, proteinase K, subtilisin, and elastase to a smaller extent. The anti-HIV enzyme and immunostimulatory activities of the mushroom polysaccharopeptide make it a potential candidate for the therapy of AIDS.

HIV - In several *in vitro* experiments PSK (main active compound of *Trametes versicolor* / *Cordyceps*) was found to exhibit anti-HIV activity through multiple routes:

- Inhibition of HIV reverse transcriptase
- Inhibition of viral binding to lymphocytes
- Inhibition of cell-to-cell infection of HIV-1 and HIV-2

Trametes Versicolor can increase the quality of life of HIV and AIDS patients. This mushroom extract works as an antibacterial and antifungal against E. coli, staphylococcus, streptococcus, klebsiella, listeria, toxoplasmosis and an overproduction of candida. Generally is this extract a fantastic immune support to prevent / treat many common infections such as e.g. cold, flu, herpes.

Trametes versicolor extract contains a high concentration of polysaccharides including beta-1,3, beta-1,4 and beta-1,6 glucans. Over 600 clinical studies show the amazing effects of this mushroom extract on the immune system.

Suggest Use: . teaspoon or 2 x 500 mg capsules daily.

References

1) This is a web link at the Coconut Research Center, that is operated by Dr. Bruce Fife, N.D, an internationally recognized expert on the health and nutritional aspects of coconut and related products.

<http://www.coconutresearchcenter.org/article10526.pdf> www.coconutresearchcenter.org/

2) Aloe Vera for HIV / AIDS, learn more at <http://www.desertharvest.com/av-aids.html>

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4) Lemongrass to treat Candidiasis <http://www.ncbi.nlm.nih.gov/pubmed/18553017>

5) Garlic, Herbs and Infections <http://www.herbco.com/t-herbs-infection.aspx>

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[http://www.africaresource.com/rasta/sesostris-the-great-the-egyptian-hercules/lemongrass-](http://www.africaresource.com/rasta/sesostris-the-great-the-egyptian-hercules/lemongrass-cymbopogun-citratus-and-lemon-citrus-limon-in-treating-hiv-infection/)

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9) Lemon juice 'is HIV-killing spermicide' <http://www.newscientist.com/article/dn2910-lemon-juice-is-hivkilling-spermicide.html>

10) Quercetin and HIV <http://www.quercetin.com/antiviral-and-immune-system/humanimmunodeficiency-virus-hiv>

11) Quercetin Inhibits HIV-1 Infection

<http://www.resveratrolquercetinbenefits.com/quercetin-inhibits-hiv-1-infection/>

12) Arabinogalactan and HIV http://www.dadamo.com/science_larch.htm

<http://www.thorne.com/altmedrev/.fulltext/5/5/463.pdf>

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