



Health of HIV Infected People: Food, Nutrition and Lifestyle without Antiretroviral Drugs

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Health of HIV Infected People: Food, Nutrition and Lifestyle Without Antiretroviral Drugs defines the supportive roles of bioactive foods, exercise, and dietary supplements on the health of HIV infected people who do not have access to resources or those who choose not to utilize antiretroviral drugs.

Approaches such as the application of traditional herbs and foods are given careful definition by experts who define the risks and benefits of such practices within this important context.

Readers learn how to treat or ameliorate the effects of chronic retroviral disease using readily available, cheap foods, and dietary supplements. Ultimately, this work delivers a current, concise, scientific appraisal of the efficacy of key foods, nutrients, dietary plants, and behavioral changes in preventing and improving the quality of life of HIV infected infants and adults who are not undergoing antiretroviral therapy.

- Covers the role of nutrients in the prevention and treatment of HIV-induced physiological changes
- Delivers important coverage on the relationship between HIV infection and infant feeding practice, along with public health policy recommendations in social and cultural context
- Provides coverage of fitness and exercise regimens, physical activity, and behavioral and lifestyle changes on HIV infected individuals
- Explores food and treatment of obesity, diabetes, and cardiovascular disease in HIV infected patients, including those without antiretroviral therapeutic treatment

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