



complementary therapies & nutrition

Many people with HIV taking anti-HIV drugs also use **complementary therapies**. These can include **traditional healing practices** such as acupuncture and herbal remedies, **physical therapies** like massage and yoga, energy work, for example reiki and **relaxation techniques** such as meditation. These types of therapy can be very helpful to some people.

If you feel you would like to try a complementary therapy, it is important to get as much information as possible first. How does it work? Are the therapists trained, certified or licensed? Are there any known side effects or risks?

Speak to your doctor before starting any complementary therapy, and call specialist centres that offer these therapies to people with HIV, such as **THT / London Lighthouse** and the **Complementary Health Trust**

Your existing diet may well be sufficient to meet your **nutritional needs** – however it is important to eat a healthy diet when taking anti-HIV drugs, and to be careful about supplements you may be taking.

It is recommended that people on anti-HIV drugs **cut down on saturated fats**. This as well as **regular exercise** can help with controlling metabolic changes associated with lipodystrophy.



THE SIXTH
OF SEVEN ADVERTS

All information was accurate as of May 2004

Further information:

Order the AIDS Treatment Update (ATU) and the Nutrition booklets from NAM
020 7840 0050
www.aidsmap.com

The Information Exchange:
020 8746 5929
www.hivgum.demon.co.uk

i-Base Treatment Information Phonenumber:
0808 800 6013 Mon-Wed 12-4pm
www.i-base.info

THT Direct Helpline:
0845 1221 200
www.tht.org.uk

Complementary Health Trust:
www.comphealth.org.uk

You may feel like supplementing your diet with vitamins, minerals or herbal supplements. There is evidence that **certain supplements can stop your anti-HIV drugs working properly**. Large doses of supplements are not recommended and can be harmful; for example garlic capsules can stop protease inhibitors working properly, and St. John's Wort can stop both protease inhibitors and NNRTIs working properly.

It is important you tell your doctor, pharmacist or dietitian exactly what supplements you are taking, or planning to take. You can obtain advice on nutrition from dietitians at most HIV clinics

The best advice all round is to look after yourself, eat healthily and keep yourself fit.

Own your treatment

To see all seven ads in the series, visit our website:

www.metromate.org.uk/oym

GMFA's campaigns are designed, planned and executed by HIV positive, negative and untested volunteers. To volunteer for GMFA, phone, write or e-mail: 020 7738 6872. Unit 43, The Eurolink Centre, 49 Effra Road, London SW2 1BZ. newvol@gmfa.org.uk
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