



In the News

1. December is AIDS Awareness Month – today is World AIDS Day
2. From this point on, I am donating 5% of all monthly clinic sales to a local charitable organization – A Loving Spoonful, a volunteer-run organization that prepares nutritional meals for those living with HIV/AIDS. www.alovingspoonful.org

World AIDS Day and AIDS Awareness Month

An article on CBC News cites a recent ManCount survey that indicated 1 in 40 gay men are unaware of their HIV positive status. The survey was based on questionnaires regarding sexual health, and completed by men at gay bars, pubs and clubs in Vancouver from 2008 and 2009. In addition to the survey questionnaire, these men were asked to provide a finger-prick blood sample to test for the HIV virus. Of note, from the 1139 men tested, 18% were HIV positive, and of these, 14% were unaware that they were HIV positive. The article also stated that men who were unaware of their HIV status were three times more likely to engage in unprotected sex. (CBC News; November 29, 2010) *The ManCount survey is organized by the Public Health Agency of Canada, Vancouver Coastal Health, B.C. Centre for Disease Control, B.C. Centre for Excellence in HIV/AIDS, the Community Based Research Centre and the Health Initiative for Men*

Advice from Dr. Aaron Hoo

Having served Vancouver's West End for nearly ten years in my capacity as a healthcare provider, I have seen this community struggle, triumph and become complacent about the very real threat of sexually transmitted infections. Over the last six years, I have developed two naturopathic teaching clinics dedicated to the clinical support of those living with HIV including co-infections with Hepatitis C. These teaching clinics are available at Vancouver Friends for Life and at BC Persons With AIDS, both in the downtown core. These clinics are available to provide naturopathic care for individuals who are HIV positive and struggling with financial constraints, thereby making complementary healthcare accessible.

Naturopathic Options:

A number of dietary and lifestyle recommendations are essential in the promotion of managing HIV. Chief among these are stress reduction and avoidance of processed foods containing additives and preservatives. It is essential to adhere to the intake of organic and free-range foods as much as possible so as to minimize exposure to herbicide and pesticide residues as well as food colorings – all of which are pro-inflammatory and compromise an already stressed immune system. As always, moderate exercise and alcohol intake as well as smoking cessation are absolutely essential. Antioxidants as well as immune-supportive vitamins such as Zinc, Selenium, Vitamins A, C, & E, as well as B-complex. Immune enhancing herbs like reishi, schizandra, licorice root, Siberian ginseng and ashwaganda are also commonly employed in those who are immune-compromised.

Consider checking out my online store: http://www.doctorschoicenutrition.ca/online_store.html, log in with your username and password and look for the following products: **UltraPotent C, Oxygenics, MetaLipoate & Mycoferon.**

Featured Recipe

Creamy Kasha (Buckwheat) Cereal – (1-2 servings) yummy Gluten Free breakfast option for cold Winter mornings

Ingredients: 2/3 cup water; 1/3 cup nut/rice milk, 2 tbsp kasha (buckwheat groats); dash of salt; 1 1/2 tsp agave syrup; 1 tbsp butter; ¼ tsp cinnamon; 2 tbsp dried cranberries or raisins.

In a small pan, bring the water and milk to a boil. Add buckwheat, salt, agave syrup, butter, cinnamon, & dried fruit of choice. Keep the cereal at a gentle boil and stir frequently for 8-11 minutes or until desired consistency is achieved. Serve immediately with added cream (if desired).

Nutrients per serving: Calories 120, Fat 7g, Cholesterol 20mg, Sodium 85mg, Carbohydrates 13g, Protein 3g, Fiber 1g

Bon a petit!

Clinic Savings



Bring this portion into the clinic to receive

15% off your next supplement purchase.

****This offer is not to be used with any other discounts or in-store promotions. Offer applicable once per month per household****



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