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## UPDATE

### **Maintaining Healthy Immune Function**

The decline in immune function caused by the aging process kills far more people than immunosuppression induced by the HIV virus.

In this article, we will outline immune boosting protocols for maintaining healthy immune function in healthy people and in those whose immune systems have been compromised by HIV infection, chemotherapy, and aging.

#### **FREE RADICAL INJURY**

Free radical pathologies have been linked to much of the immune system damage caused by normal aging. New evidence shows that immune destruction caused by the HIV (Human Immune Deficiency) virus is also partially a result of free radical injury to immune system components.

A strong immune system is critical in preventing infection from viruses, fungi, and bacteria. Cancer cells are thought to form regularly, and a vigilant immune response is required to kill or inactivate these transformed cells before they proliferate enough to form a malignant tumor.

#### **INCREASE IN DEATHS**

In a recent article in JAMA (Journal of the American Medical Association), a 58% increase in deaths from infectious disease was reported in the United States between 1980 and 1992. While AIDS accounted for the majority of this increase in deaths, it was found that, even without AIDS, deaths from infectious diseases still increased by 22%.

The JAMA article attributed the increase in deaths from infectious diseases to climatic changes, more frequent travel across international borders, and new and re-emerging diseases such as Lyme disease, dengue fever, yellow fever, tuberculosis and malaria. It was also stated in the JAMA article that lack of preventive healthcare has been an underlying causative factor in the increase in deaths from infectious diseases.

#### **A DAILY ANTIOXIDANT REGIMEN**

Members of the Life Extension Foundation have long been encouraged to follow a daily antioxidant regimen that protects against immune suppressing free radical pathologies. Free radical pathologies have been implicated in most of the disease processes of aging including cancer, atherosclerosis, Alzheimer's disease, cataracts and other degenerative diseases.

The incidence of cancer has been increasing every year in the U.S. since the turn of the century, with sharply higher cancer rates being reported after 1960. Many dangerous bacteria have become resistant to antibiotics that once kept them in check and are re-emerging threats to our health and longevity.

Scientific evidence shows that antioxidants can protect immune function and that specific nutrients may prevent or slow the progression of HIV infection.

We will now inform you how to protect your immune system against the ravages of aging and HIV infection, and provide you with an updated HIV Treatment Protocol.

#### **DO NUTRIENT DEFICIENCIES PROMOTE AIDS?**

Controversy has developed in the scientific community as to whether the HIV virus is the only agent responsible for the decline in immune function clinically defined as Acquired Immune Deficiency Syndrome (AIDS).

In 1985, The Life Extension Foundation first proposed that the decline in immune function in HIV-positive individuals might be prevented or slowed by taking high potency nutrient supplements.

Since 1985, several hundred medical papers have provided evidence that the basic mechanisms involved in HIV immune system destruction are associated with deficiencies in basic vitamins, minerals and amino acids.

## REMAINING HEALTHY WITH HIV

Another conclusion that emerges from the scientific literature is that some people with healthy immune systems who are antibody positive for the HIV virus may never develop immune suppression or AIDS. They remain perfectly healthy in spite of having antibodies to the HIV virus. Being HIV positive is not necessarily a death sentence. It was recently reported, for example, that nine children who were HIV positive at birth are now HIV negative.

This indicates that most people should be on an immune enhancing program, not only to protect against the risk of AIDS, but also against other viral diseases such as hepatitis B and C and cancer.



## FDA FRAUD

It is interesting to note that, after The Foundation reported that nutrient supplementation might slow the progression of HIV infection in 1985, the FDA used this report to bring criminal charges against the leaders of The Foundation. The FDA said The Foundation was defrauding dying AIDS victims by recommending and selling unapproved therapies such as coenzyme Q10, zinc, high dose vitamins, N-acetylcysteine, isoprinosine, and so on.

However, the emerging scientific evidence has revealed that we were accurate in our 1985 recommendations, and that it was the FDA that defrauded (and hastened the death of) HIV positive individuals and AIDS patients by denying them access to invaluable information about nutrient therapies that might have slowed the progression of their disease.

## NEW HIV TREATMENT PROTOCOL

Our new HIV Treatment Protocol is comprised of the following three elements:

1. Nutritional Immune Support
2. Hormonal Immune Support
3. European Immune Therapies

A critical part of our protocol is blood monitoring every one to three months to assess the effectiveness of whatever HIV treatment choice(s) you make. Here are the blood tests that you (and your physician) can use to monitor treatment efficacy:

### IMMUNE CELL SUBSET TEST

This test evaluates T-helper cell numbers, T-helper/suppressor ratios, NAK activity, and other important immune component activity.

### ***PCR (polymerase chain reaction)***

This test is the most accurate commercial test for measuring HIV viral activity.

Since many FDA-approved anti-viral drugs are toxic, regular blood tests including a CBC (to measure blood cell counts) and a complete blood chemistry (including liver and kidney function tests) can help to protect you against life-threatening organ damage by indicating toxicity before any symptoms appear.

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