



**Healing
Alternatives**
FOUNDATION

The Buyer's Club Newsletter

Volume I; Number 1 - Spring, '89

HAF Announces New Treatment Subsidy Fund

Contributions Sought
for Major Fund Drive

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See "Fund", Page 2

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HAF To Open In New Office May 2

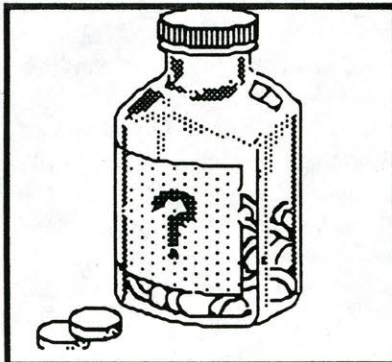
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JOIN HAF

HAF needs you! To volunteer or to contribute, see page 3.

Importing Drugs for HIV

Fluconazole, Roxithromycin, Hypericin ...

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See "Imports", Page 2

"Move", from Page 1

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"The new location will enable us to more effectively serve the entire community," said Board President Dave Long. "We are now in a position to do outreach throughout the area." HAF will be accessible by Muni lines 6 Parnassus, 7 Haight, 8 Market, and is within easy walking distance of the Van Ness Metro station, and Mission and Valencia bus routes.

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"Fund", from Page 1

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San Francisco Bay Area members who have exhausted all other possible avenues of payment - Catholic Charities, AEF, Medi-Cal and private insurance re-imbursments - will be eligible to receive monthly subsidies as funds allow.

Applicants will also need to have an SF AIDS Foundation ID Card, which can be obtained by visiting a weekly benefits orientation meeting, or dropping by, at the AIDS Foundation. Call 864-5855 and ask for an on-duty social worker for more details.

For more benefits counseling, call AIDS Benefits Counselors at 673-3780 or stop by the HAF library for reference materials.

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It is now commonly accepted in the medical and PWA communities that it is important for people diagnosed with HIV to plan an aggressive course of both preventative and symptomatic treatment, and this requires regular monitoring of blood diagnostic tests and a carefully planned nutritional, immune-enhancing and antiviral strategy.

It would be interesting to see whether those who can afford a more aggressive course of treatment actually do better, and live longer. Nick Sempeti is collecting informal surveys from buyer's club members on their subjective impressions of various treatments, while the County Community Consortium and the Community Research Alliance are exploring the possibility of collaborating on an alternative treatments database project.

We already know that women, people of color, and people with lower incomes statistically do not live as long as upper class gay men after diagnosis, although this is usually blamed on factors other than their poor access to adequate health care and experimental therapies.

To apply for the HAF Treatment Subsidy Fund, call or stop by HAF and ask for an application.

To donate to the fund, see page 3. Every dollar counts.

"Imports", from Page 1

tain them.

HAF, in cooperation with the PWA Health Group in New York and other buyer's clubs, is responding to the demand of its membership and assisting with the importation, where possible, of various prescription and non-prescription drugs available overseas, but not approved for use in this country. Buyer's Clubs from around the nation recently met in San Francisco to formalize a network of Clubs, for the purpose of resource and information sharing, sharing lab results and making collective purchases. Fluconazole, hypericin and roxithromycin were just three of the medications discussed.

Fluconazole is a prescription medication approved in other countries for the treatment of cryptococcal meningitis and available in the U.S. on a compassionate use (free) basis from its manufacturer, Pfizer, only if the patient has failed on amphotericin B, a medication much more toxic, painful and inconvenient to administer. Fluconazole is frequently the treatment of first choice in Europe. HAF will assist members with a doctor's prescription in obtaining fluconazole, although the medication is very expensive at this time, and patients must be carefully screened.

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Frequently, HAF has been referred to in the media as being an "underground pharmacy" or part of the "black market" for "AIDS drugs." Certainly, it would be preferable if the federal government would establish channels for access to low-cost alternative therapies. It would also be nice if insurance companies and Medi-Cal would re-imburse for alternative and experimental treatments, particularly for life-threatening conditions, or if we had a national health care system in the United States to address all these issues. But in lieu of that, the recently-approved FDA drug importation policy allows for the importation of unapproved substances for a patient's personal use, under the supervision of a doctor.

Since the announcement of the FDA's new importation policy, HAF has also received many calls from people with other conditions - Alzheimer's, Chronic Fatigue Syndrome, kidney disease - hoping to get some help or advice on obtaining foreign drugs.

HAF's efforts to assist people in importing medications, and all HAF projects, are entirely legal. HAF was established by the PWA community as a nonprofit service to address these crucial needs of access to treatment and treatment information.

Hopefully, someday, buyer's clubs will become unnecessary. In the meantime, HAF will try, on behalf of the community, to meet new challenges as boldly as possible.

The Healing Alternatives Foundation

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 Tom O'Connor, Vice President
 John Betzold, Secretary
 Tony Bardo, Treasurer
 Jim Leach
 Jim Palazzolo
 Lewin Usilton

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 Curtis Ponzi, Esq.
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Staff

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 Richard Copeland, Office Mngr
 Nick Sempeti, Sales Consultant

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AIDS Health Project	415-476-6430
AIDS Legal Referral Panel	415-864-8186
Asian AIDS Project	415-929-1304
Black Coalition on AIDS	415-822-7228
Catholic Charities	415-864-7400
Community Research Alliance	415-626-2145
Public Health Dept. AIDS Office	415-864-5571
18th Street Services	415-861-4898
East Bay AIDS Project	415-420-8181
Healing Alternatives Foundation	415-626-2316
Latino AIDS Project	415-647-5450
Marin AIDS Support Network	415-457-AIDS
Pacific Center (Berkeley)	415-548-9283
Project Inform	415-558-9051
California	415-334-7422
National	800-822-7422
Project Open Hand	415-771-9808
PWA/SF - Voice	415-553-2560
Quan Yin Acupuncture	415-861-1101
Shanti Project	415-777-2273
Tenderloin AIDS Network	415-554-0518
UCSF/ SF General Research	
Volunteer Recruitment	415-821-5089

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 HAF volunteers receive discounts on all products. Stop by today for details!
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Support the Healing Alternatives Foundation.

Membership in HAF's Buyer's Club is still only one dollar. For two years, we have relied solely on support from our membership to provide all our services: low-cost treatment access, free treatment information and treatment advocacy. Now, whether you are a Buyer's Club member or not, we need your support so that we can continue our important services. Please send in your tax-deductable donation today. Return to: HAF, 1748 Market Street, San Francisco, CA 94102.

- Enclosed is a tax-deductable donation to the Healing Alternatives Foundation
 \$50 \$100 \$500 \$1,000 _____
 My contribution is for the "HAF Treatment Subsidy Fund".
 I would like to be a volunteer. I would like to be on your confidential mailing list.

Name _____

Address _____

City/State/Zip _____ Phone _____

My contribution is in memory/honor of _____



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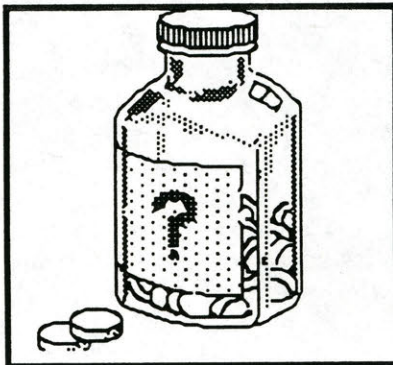
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Address _____

City/State/Zip _____ Phone _____

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Judith Berkowitz, *Librarian*
Sally Spenser, *Bookkeeper*
Richard Meyerson, *Mail Order*



1748 Market Street, #204
San Francisco, CA 94102



(Please clip out and return to: HAF, 1748 Market St. #204, SF CA 94102)

- I am interested in joining HAF. Please send membership information to the address listed below.
- Please keep my name on your mailing list. My HAF Membership #: _____
- I'm no longer interested in HAF. Please remove my name from your mailing list.
- The following are products I would like to see HAF stock in the future:

- My address has changed/I'm a new member: My current address is:

The Healing Alternatives Foundation Newsletter

1748 Market Street, #204 • San Francisco, CA 94102 • 415/626-4053
Complementary Therapies for HIV/AIDS • HIV/AIDS Treatment Library
Volume 1, Number 2 • January 1994

Take Charge!

Our Philosophy

HAF was founded on the belief that HIV/AIDS can be a treatable, chronic disease requiring both early preventative measures and aggressive treatment of opportunistic infections. That philosophy is accompanied by the conviction that people with HIV/AIDS should become informed about and involved with their own program of treatment, and that treatment options should be made available and affordable. Self-empowerment can be a critical asset in pursuing effective approaches to treatment.

Don't overlook our

RESOURCE LIBRARY

We are pleased to announce that, thanks to a generous donation, the HAF library will soon be able to access the HIV BBS [i.e. computer bulletin board] for on-line information about AIDS research and resources.

HAF was formed as a "Buyer's Club" in April, 1987 in direct response to community need for access to treatment information and to products. By joining together and pooling resources, founders were able to develop direct services to the community through both information and access to alternative, complementary and unapproved therapies. Our membership is now over 8,500 and growing steadily. Members of HAF are people who have assumed a positive and aggressive approach toward treatment. We provide a mail order service for people around the world who need the products we can supply. Interested people are always encouraged to walk in to use our extensive resource library (see below) and/or to exchange information with others who are actively involved in structuring their own approach to treatment. All members, local or mail-order, can purchase our various discounted products after paying our one dollar lifetime membership fee.

This new resource will supplement the existing HAF library, which houses current and back issues of over 35 treatment newsletters from all over the country and the world, as well as a wide range of contemporary books about HIV/AIDS, medical reference books and journals, abstracts from the international AIDS conferences, and other books covering such areas as nutrition, the immune system, vitamins, herbs, psycho-social factors, and eastern medicine.

In order to keep members abreast of the very latest in treatment information and clinical trials, about seventy-five printed handouts and several dozen loose-leaf binders are regularly updated. Audio and video tapes from treatment related

meetings and conferences are also available. Essential to the library are the leading HIV treatment information newsletters, such as *AIDS Treatment News*, *Being Alive*, *STEP Perspective*, *Notes from the Underground*, *the Project Inform Perspective*, *Treatment and Data Digest*, and many others.

The library also serves as a resource center, with referrals on physicians and other HIV/AIDS service organizations (see the note below on "Doctors' Report Cards" in this newsletter).

All books, tapes and articles are easy find, with the help of HAF staff and volunteers who are available to help direct you to the information you want and to answer questions.



Curcumin

A non-toxic natural food spice, turmeric (curcumin), is thought to be a mild antiviral which works on inhibiting "long terminal repeat" in activation of the HIV virus. Curcumin is being researched in several community based research projects. A study by Search Alliance in Los Angeles shows mild antiviral properties and that the spice may be useful as an adjuvant to other antivirals. The study accrued twenty people at late stage disease; there have been eleven dropouts due to late stage illness. Preliminary data shows that curcumin lowers viral burden according to HIV/RNA levels in every patient in the trial. The final study has been submitted to the *Lancet* for publication.

HAF has sold curcumin since word of this safe and relatively inexpensive product became popular. It is sold as "Turmeric Power" 60 caps/300mg by Nature's Herb for \$13.06 in California and \$12.11 outside the state, and as "Turmeric Extract" 150 tabs/350mg by Source Naturals for \$26.39 in California and \$24.46

outside the state. HAF has also formulated a survey for users of curcumin. Unfortunately, not many surveys have been returned, and those that have come in did not show much. If you are taking curcumin and would like a survey to fill out and return, call HAF.

It is encouraging and yet unfortunate that groups like HAF and Search Alliance have to research these non-patentable treatments. It is unfortunate because the established scientific community and the government are not researching these potential treatments, and it is encouraging because grass roots organizations are picking up the slack. In the future of AIDS research, we must all be pro-active in looking into as many natural and complementary therapies (such as curcumin) as possible because of the lack of standard therapies. *ALL* approaches must be considered.

—MATTHEW SHARP

Reference: Li, Chiang J., Lin J., Zhang, Bruce J., Dezube, Clyde S., Crumpacker, et al. Three inhibitors of type 1 HIV long terminal repeat directed gene expression and virus replication in vitro. *Proc. Natl. Acad. Sci. USA*, March 1993; Vol. 90, pp. 1839-1842.

Product Notes Update

New Products:

- Dr. Zeines' Herbal Mouth Treatment
8 fl oz mouthwash \$6.55 CA/6.07
- Copper Sebecate (Nutricology)
75 caps/4 mg \$7.42 CA/6.88
- Bitter Melon Extract Packet
5 gram packet \$1.72 CA/1.60
- Bitter Melon Extract Caps
100 caps/500 mg \$23.28 CA/21.58
- Allicin (Garlic Essence) Aerosol
60 mlx500 mcg/ml \$12.24 CA/11.35
- Allicin (Garlic Essence) Vials (drink/
retention enema) 30 mg/2 ml \$4.31 CA/4.00
- Ribavirin (ICN Pharmaceuticals)
12 caps/400 mg \$70.33 CA/65.20
- Opti/ProGain (Pre-digested protein powder)
3 lb container \$32.53 CA/30.15
- Iron w/Herbs (Floridix)
84 tabs/21 mg \$13.45 CA/14.59

New Size:

- Germanium (Jarrow)
60 caps/100mg 23.89 CA/22.15
- Immune Pack (Light Force)
100 tabs \$27.88 CA/25.90
- DHEA (only one size)
100 caps/250 mg \$56.51 CA/52.39
- Peptide T
90 mg vials

NOTE:

- We try to keep our price list current. However, some prices may change in between printings.
- Due to inflation, we had to raise prices across the board by 5%.
- Patients who need more than 15 vials of Compound Q must be verified by their doctors. We impose a limit of 50 vials per purchase with notification.

FROM THE MANAGING DIRECTOR

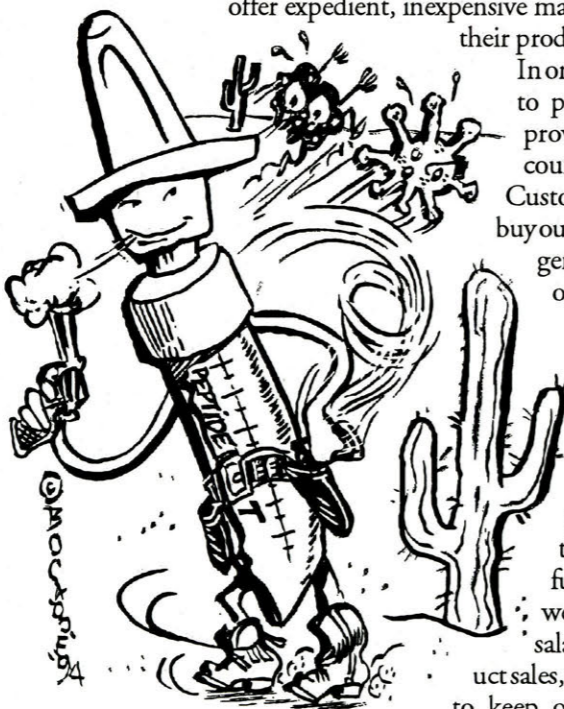
Healing Alternatives is alive and well! As long as AIDS is around we will remain on the forefront of providing quality, discount complementary therapies, information access through our extensive and user-friendly library, and we will try to keep an open, laid back environment to ensure facilitation of treatment exchange and information sharing among our members. We will also continue to offer expedient, inexpensive mailorder for those who wish to have their products shipped.

In order to help those who cannot afford to pay, we have a subsidy fund that provides a thirty dollar a month discount for products ordered from HAF. Customers can also receive assistance to buy our products through the AIDS Emergency Fund, Catholic Charities and other resources.

I would like to express our heartfelt thanks for the continual support we receive from the volunteers, members and donors who keep the organization running. As you may be aware, we are non-profit 501(c)(3) organization that needs support through fundraising to stay open. Although we raise some revenue for rent, staff salaries and other bills through product sales, we depend on community support to keep our services broadly available and accessible to all who desire them.

It is my goal as Managing Director to continue to bring the HIV/AIDS community the EASIEST access to the most current complementary therapies, UPTODATE information and friendly, courteous referrals to other services which people may need. We will also strive to find ways in the future to make our services even more accessible and available for all people dealing with HIV disease.

—MATTHEW SHARP



Info About HAF

We're located at 1748 Market St. (at Valencia) and are open from 12 PM to 6 PM, Tuesday-Friday, and from 12 PM to 5 PM on Saturday. Most of our products are available by mail (from: 1748 Market St, San Francisco, CA 94102) and we can be reached by phone at 626-4053.

Because of our involvement with alternative treatments, it is difficult for us to obtain corporate and foundation grants: therefore your tax-deductible contributions are very helpful! Donations earmarked for "Help-A-Friend Subsidy Fund" will provide access to products for low-income people with HIV/AIDS.

We also depend on volunteer support (volunteers get a discount on HAF products). Call us for more information.

NOTES FROM A VOLUNTEER

Volunteering for Healing Alternatives has been extremely gratifying. The foundation is a great resource and the staff and volunteers make for a comfortable spot—a little home away from home. I feel that HAF is as noteworthy for what it lacks—ego and bureaucracy—as for what it has to offer. Because there is little bureaucracy to get in the way, volunteering is particularly satisfying because I can see my work directly having a positive effect, and it's refreshing to be part of an organization which can serve the public efficiently without a lot of waste of unnecessary red tape. HAF has helped me to educate myself so that I can assist others in educating themselves, for which I am grateful. I hope that I can be a part of HAF's continued success as a resource and nexus for the HIV community, until the epidemic is no more.

—GREG SEKERES

Our Wish List

- Macintosh compatible hardware, software, and documentation
- Coffee tables
- Standing veneer counter top
- Small tables
- Table lamps

The pain was excruciating at times, never less than very uncomfortable, and then I'd be partially deaf for 2 or 3 days afterward. I dreaded flying because of this horrible effect on my ears and eustachian tubes.

I'd flown 5 or 6 times and the result was always the same: forget swallowing, chewing gum, or prayer. Complaining loudly to a friend who owned a health food store elicited this response: Try peeling 2 cloves of garlic, pierce the membrane with your fingernail and put the pierced side facing the inner ear. Hey. It worked. Still does. My first encounter with garlic as something other than a great taste experience was tremendously positive.

It seems that garlic has antimicrobial and antifungal properties (although that doesn't account for my ears). There has been a good deal of research on the properties of allicin, garlic's active and primary component. HAF has a quite a bit of information regarding allicin/garlic, easily accessible in our library. Various forms of it are available for purchase. If one uses allicin with a nasal delivery system, the best ones are the steroid (vanconese) bottles. They can be rinsed out and refilled.

—LEWIN USILTON

Welcome to TAKE CHARGE!

In addition to our goal of providing a broad range of products to our members, including vitamins, minerals, herbals, nutritional supplements, foreign products, etc. (usually at substantial savings compared to commercial sources) HAF also strives to facilitate information exchange and to keep our members as up-to-date as possible on available treatments and resources for people with HIV/AIDS. This, our second issue of the newsletter, includes a product update, explains some of our new or pending resources, and relays brief messages from our managing director and our Board or Directors. This newsletter will be printed irregularly—perhaps quarterly, perhaps more often if that seems necessary—to keep you informed. Please get back to us with any comments or suggestions you have for improving *Take Charge!*—or HAF overall!

—THE VOLUNTEERS AND STAFF OF HAF



Have you filled out a

DOCTOR'S REPORT CARD?

If you or a friend are in the market for a new physician, you'll definitely want to look them up in our "Doctors' Report Cards" binder. This loose-leaf book has brief reports, filled out by HAF members, rating a number of doctors in the San Francisco Bay Area. This excellent resource can provide a health care consumer with some preliminary information. Also, please take a moment to fill out a sheet on your physician next time you're in our library! (Or, if you like, we'll be glad to send you a blank report form to fill out and send back to us for inclusion.)

Remember: Knowledge = Power!